



Member Newsletter

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- NEW 24 HOURS COMING SOON!

NEWS TO USE

EARN MORE POINTS

BY REFERRING A FRIEND

GET THE ALASKA CLUB APP & EARN BIG POINTS!

Join the rewards programming this month, and send your friend a 3-day pass. If they join, you'll receive 750 Reward Points!

Available from the iTunes Store & Google Play Store:

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications

HOLIDAY SCHEDULE

Wednesday Nov. 21: The Day Before The Feast

- Classes end @ 7:20pm

Thursday Nov. 22: Thanksgiving Day

- No Club Classes

Friday Nov. 23: Black Friday

- Amended Schedule @ 9am
- Check TheAlaskaClub.com or TAC APP for Black Friday schedule changes

HAPPY THANKSGIVING

JUNEAU NOVEMBER 2018

The Alaska Club gives thanks to our members and communities for whom we've provided health and wellness options for the past 32 years! This commitment extends past the threshold of our clubs and into the neighborhoods we serve through community events, sponsorships and donations. Give a little this season and make a big difference in someone's life! We wish you all a safe and Happy Thanksgiving.

POP-UP CLASSES ≡ EVENTS

NEW 24 HOURS COMING SOON

Juneau Valley

Members may experience some extra noise and detours around areas of construction while the work is in progress. Please read and follow instructions on signage posted in these areas for your safety! Ask the front desk for details and stay tuned to The Alaska Club news and information for up-to-date information.

ZUMBA® STRONG INTRO & ZUMBA® GOLD

Zumba Strong Intro @ Juneau Valley | Saturdays in November, 12:20-1:05pm

Zumba Gold @ Juneau Downtown | Sundays in November, 8:45-9:45am

Fight against hunger during the month of November. Juneau starts with an all new Zumba Gold Downtown & Zumba Strong intro at Valley location. *Nonmembers can come with food or money donations to provide a Thanksgiving meal for those in need at the shelter.*

ANNUAL THANKSGIVING ZUMBA

Juneau Valley

Thursday, November 22, 9-10am

Join us in our annual Zumba class. Give thanks to those in need by donating to the shelter in hopes to provide food for the unfortunate during this Holiday season.

YOGA CLINIC

Juneau Downtown

Saturday November 10, 10:45-12pm

Working twists, hip openers & relaxation.

JUST DANCE

Juneau Downtown

Saturday November 30, 12:50-1:50pm

Take time to workout, move your body and just dance!

INTRODUCING JP – ZIN ZUMBA INSTRUCTOR

JP teaches Zumba, Zumba Gold & Zumba Strong.



APP CHALLENGE



GIVING THANKS

NOVEMBER: GIVING THANKS

We're thankful for many things in life and being healthy and physically active are some to celebrate. Join us in sharing the importance of fitness and overall health.

Log 4 workouts per week for a total of 16 by November 30th and The Alaska Club will donate \$150 to the challenge winners charity of choice.



FAMILY FUN NIGHT

THANKSGIVING

FAMILY FUN NIGHT

Wednesday, November 21

Come and visit The Alaska Club's Family Fun Night Thanksgiving celebration! Join us for games, snacks, fun & more for the whole family! Guests come free!

Family Fun Events:

- Turkey Bowling
- Chili Cook Off
- & more..

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1



MEMBER REFERRAL: WIN 1 YEAR OF MEMBERSHIP



REFER A FRIEND &

WHEN THEY JOIN YOU RECEIVE:

- \$50 CREDIT TOWARDS YOUR MEMBERSHIP DUES
- 750 REWARD POINTS
- 50 REWARD POINTS FOR EVERY FRIEND THAT USES A PASS
- A WORKOUT BUDDY
- A CHANCE TO WIN THE GOLDEN TICKET

THEY RECEIVE:

- 3-DAY ALL ACCESS FITNESS PASS
- EXCLUSIVE, LIMITED TIME ENROLLMENT SPECIAL

Passes enclosed ✂



FREE GUEST PASS

SHARE THE ALASKA CLUB EXPERIENCE WITH YOUR FRIENDS

NOVEMBER 1 - NOVEMBER 30

FREE GUEST PASS

Bring this pass into any staffed The Alaska Club location to redeem.

MEMBER NAME: _____
 GUEST NAME: _____
 PHONE: _____

This pass is for Fitness Membership privileges at all The Alaska Club locations. Must be 18 years old to redeem this pass. All guests must have a valid ID to use the facilities. Amenities available at additional cost. Not redeemable for cash or current membership dues. Pass expires November 30, 2018.

November 1 - November 30

Clip this pass and give it to a friend, or go to

TheAlaskaClub.com/Referral and send them a pass, and you'll be entered to win an entire year of membership and other prizes!

APP CHALLENGE | STARTS NOVEMBER 1 | ENDS NOVEMBER 30

- SATURDAY 3 ZUMBA STRONG @ JUNEAU VALLEY**
- SUNDAY 4 ZUMBA GOLD @ JUNEAU DOWNTOWN**
- THURSDAY 22 HAPPY THANKSGIVING: NO CLUB CLASSES**

LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EAST TUDOR ROAD · 337-9550 / WEST · 1400 WEST NORTHERN LIGHTS BOULEVARD · 264-2720 / FOR WOMEN · 1450 WEST NORTHERN LIGHTS BOULEVARD · 264-2700 / DOWNTOWN · 701 W. 8TH AVENUE, STE 100 · 274-4232 / STUDIO · 3841 W. DIMOND BOULEVARD · 245-2223 / JEWEL LAKE · 3841 W. DIMOND BOULEVARD / EAGLE RIVER · 12001 BUSINESS BOULEVARD · 694-6677 / WASILLA VALLEY · 1720 EAST PARKS HIGHWAY · 376-3300 / PALMER 12051 EAST PALMER-WASILLA HIGHWAY FAIRBANKS SOUTH · 747 OLD RICHARDSON HIGHWAY · 452-6801 / WEST · 575 RIVERSTONE WAY · 452-3777 JUNEAU VALLEY · 2841 RIVERSIDE DRIVE · 789-2181 / DOWNTOWN · 641 WEST WILLOUGHBY AVENUE · 586-5773