



Member Newsletter

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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

Monday Dec. 24: Christmas Eve

- Classes end @ 2:30pm
- All clubs close @ 6pm
- Jewel Lake remains open (24 hours)

Tuesday Dec. 25: Christmas Day

- All clubs closed - no classes
- Jewel Lake remains open (24 hours)
- Classes resume on 12/26 @ 5:30am

(CHECK ONLINE OR APP FOR SCHEDULES)

Sunday Dec. 31: New Year's Eve

- Classes end at 2:30pm
- All clubs close at 7pm
- Jewel Lake remains open (24 hours)

Tuesday Jan. 1: New Year's Day

- **(CHECK ONLINE OR APP FOR SCHEDULES)**
- South, Summit, West, Eagle River, Wasilla & Palmer clubs open @ 10am - 6pm
- East, Club for Women and Downtown clubs are closed
- Jewel Lake remains open (24 hours)
- Special Studio Hot Flow @ 11am & Yin Restorative @ 12:30pm

HAPPY HOLIDAYS

SOUTHCENTRAL DECEMBER 2018

DECEMBER is a great time to start thinking about your New Year's resolution. Consider trying a new group fitness class with a friend, or maybe personal training is on your holiday list. Ask a fitness consultant about The Alaska Club's Team Training program. The most important thing to remember is to nurture yourself and your family. There are many new and fun activities to keep the kids excited about fitness while on break! Learn more about the Winter Camps and Parents Night Off programs by visiting TheAlaskaClub.com. Make a difference in a child's life this season by donating a toy or gift to our annual Toy Drive. We wish all of our members a happy and healthy holiday season!

PROUD SPONSORS ■■■ EVENTS

TOY DRIVE

West, Club for Women, East, South, Summit, and Studio
December 1-22

We are partnering with the Office of Children's Services for our annual Toy Drive. Donate a new toy or coat and make a difference one child at a time.

JINGLE BELL WALK/RUN

UAA Student Union Hall
Saturday, December 8, 9:30am

Be part of the largest holiday 5K race series aimed to fight arthritis!
For more information, visit: JBR.org

JAMS FOR FAMS

Bear Tooth Theatre Pub
Sunday, December 12, 11am

Presented by Jams for Fams Alaska, DJ Spencer Lee and the Bear Tooth Theatrepub, this is a holiday theme family pajama party. This is an all-ages event recommended for kids 10 and under with parents and adults of all ages. DJ Spencer Lee will mix everything from current hits to party classics from the 70's - 2000's.

For more information, visit: Facebook.com/JamsForFams

CHRISTMAS VILLAGE

Dena'ina Convention Center
Saturday, December 15, 10am-6pm

Christmas Village is one of the newest holiday shows in Alaska. Be a part of the biggest shopping day of the year.

For more information, visit: AnchorageMarkets.com/Christmas-Village-Anchorage

SKINNY RAVEN

NORTHERN LIGHTS RESOLUTION RUN

Atwood Center
Monday, December 31, 6pm

Music, lights and an awesome course with 5 unique light and music experiences to ring in the New Year! For more information, visit:

SkinnyRaven.com/Event/Northern-Lights-Resolution-Run/



IN-SERVICE CAMPS

HOLIDAY CAMPS



DECEMBER 21 · 9AM-4PM

\$64/MEMBERS & \$79/NON-MEMBERS

Bring your own lunch and 2 snacks

No before or aftercare available for this camp

Child must have attended school in the 2018/2019 year

DCA ACCEPTED | CALL 365-7393 or visit TheAlaskaClub.com/Camps

DECEMBER 26-28 | JANUARY 2-4 · 9AM-4PM

\$135/MEMBERS & \$150/NONMEMBERS

BEFORE CARE: 8-9AM | AFTER CARE: 4-5PM

Bring your own lunch and 2 snacks

Child must have attended school in the 2018/2019 year

DCA ACCEPTED | CALL 365-7393 or visit TheAlaskaClub.com/Camps

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Registration opens January 7 - February 3

Starfish Academy offers lessons for swimmers of every age and level. New classes start every month. Members and nonmembers welcome. Group, semi-private, and private lessons are available.

Register at TheAlaskaClub.com/StarfishAcademy call 365-7393, or stop by any Member Support Desk.



BIRTHDAY PARTIES: TIME FOR FUN!

Whether it's a birthday party or just a fun night out for the kids, The Alaska Club is the perfect place for any celebration. We offer an active and entertaining environment to make the day unforgettable! It's easy, affordable and we do most of the work. Our staff will assist you with everything from set up to clean up.

Visit TheAlaskaClub.com/parties for more information, or call 365-7393 to book your party today!



PARENTS' NIGHT OFF: CELEBRATE WINTER

The Alaska Club East, South, Eagle River & Wasilla

December 21 · 6-9pm | AGES 3+ (must be potty trained to attend)

All things cozy! Candy canes, hot cocoa and snowmen! Come cook with us and we'll make snowman sandwiches and fruit candy canes, followed by story time! Drop the children off for snacks, arts, crafts and games! \$25 for the first child, \$20 for each additional sibling - same goes for nonmembers! Rest easy, and have the confidence in our certified & CPR trained staff to handle any unwanted surprises. Time off for you, and hours of fun for them.

Pre-Registration encouraged, Visit at TheAlaskaClub.com/ParentsNightOff or call 365-7393



YOUTH DANCE @ SOUTH

The Alaska Club South, Upstairs Studio · December 4 - 20

Tuesdays · 4:15-5pm | Thursdays · 4:30-5:15pm

AGES 3-6 AGES 6-12

Monthly Series: 1 session/week
Members \$50/mo. | Nonmembers \$65/mo.

Register at TheAlaskaClub.com, call 365-7393, or stop by any Member Support Desk.

YOUTH TAEKWONDO @ EAST

The Alaska Club East, Group Fitness Studio · December 4 - 20

Mondays · 4:15-5pm | Wednesdays · 4:30-5:15pm

AGES 4-6 AGES 7-12

Monthly Series: 1 session/week
Members \$50/mo. | Nonmembers \$65/mo.

Register at TheAlaskaClub.com, call 365-7393, or stop by any Member Support Desk.





DECEMBER POP-UP CLASSES

FREE for fitness members! No registration required: just pop in!

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

PIYO LIVE MASTER CLASS @ EAST

East - Group Fitness Studio

Sunday, Dec. 2, 9-10am

This fun and athletic fusion of Pilates and Yoga uses a constant flow of moves set to upbeat music. Instructors: Steve & Tammy

WINTER SOLSTICE YOGA @ EAGLE R.

Eagle River - Group Fitness Studio

Thursday, Dec. 20, 7:05-8pm

Celebrate the return to light and set your intentions for the new year ahead.

Instructor: Samantha

DANCE & DRUM @ EAGLE R.

Eagle River - Group Fitness Studio

Thursday, Dec. 27, 11am-12pm

A family-friendly fusion of Zumba and Pound.

Ages 5+ with parents. Instructor: Suzy

YOUTH YOGA @ WASILLA

Wasilla - Group Fitness Studio

Friday, Dec. 28, 4:30-5:15pm

A playful approach to Yoga. Ages 6-12.

Instructor: Camie

POUND & POUR @ SOUTH/SUMMIT

South/Summit - Studio 2

Saturday, December 29th, 6:30-7:30pm

Rock out for 45 minutes of sweat-dripping fun using lightly weighted Ripstix, then join us in The Summit lounge for wine (21+) and social time!

Instructor: Kim

THE WINTER/SPRING GROUP FITNESS CLASS SCHEDULE BEGINS MONDAY, JANUARY 7

STUDIO HOT YOGA BOUTIQUE

Make sure your spot in class is reserved.

Call 365-7393 to schedule.

FIRST FRIDAY FUN QUADRICEPS

Studio

Friday, Dec. 7, 6-7:15pm

This class seeks to make up for some of the neglect your quads may be feeling. Fun and varied sequences of poses will open up the quads and hip flexors! Instructor: Andrew

YOGA & BEER @ WILLIWAW

Williwaw Social

Every Monday, Nov. 26 – Dec. 17, 6-8pm

(class time is 6:30-7:30pm)

Meet us at Williwaw (6th & F Street), for a truly unique and fun yoga experience.

Yoga is free; bring a mat and a friend!

WINTER SOLSTICE SALUTATIONS

Studio

Friday, Dec. 21, 6-8pm

\$10 Workshop Fee

Bend and stretch with us as we celebrate the Winter Solstice with our salutation practice!

WARM FLOW INTRO

PRETEEN & YOUNG TEENS

Studio

Sundays, Dec. 2, 9 & 16. 1-2pm

\$40 For 1 Parent & 1 Youth

Yoga Practice appropriate for pre-teens and young teens along with their parent to learn the fundamentals of a warm flow practice.

Instructor: Tarah

NEW YEARS DAY

HOT FLOW & YIN RESTORATIVE

Studio

Tuesday, January 1, Hot: 11am | Yin: 12:30pm

Start the new year with a refreshing Hot Flow, and a beautifully balancing Yin Restorative.

STUDIO HOT YOGA

Classes are free for Gold & Platinum Members.

If you haven't tried it yet, we encourage you to do so, as it's Anchorage Premier Hot Yoga experience. Call 365-7393 to schedule.

STUDIO STAFF INTRODUCTION

MEET JEANNIE!

THE STUDIO MANAGER

– “My very first yoga experience was in 1980, while living in Nome, Alaska. As an avid runner I occasionally just couldn't face the winter wind and cold in Nome, so I would practice following Richard Hittleman's Yoga. After moving to Anchorage and practicing yoga at The Alaska Club, I was hooked! I began my teacher training with Yoga fit and received my RYT from Yoga Alliance in 2007. Over the past twenty years, my style of yoga has developed into a slow, conscious, flowing, breath centered practice. I am delighted to be the Studio Experience Manager. I look forward sharing our amazing Studio with club members and the entire community. There are great things happening here at Studio!”



STUDIO WINTER WARRIOR SPECIAL

5 CLASS PACK FOR \$75 (Save \$15)

Makes a great stocking stuffer!

To purchase, visit:

StudioAkHotYoga.com/pricing/

ORNAMENT MAKING

SATURDAY, DECEMBER 15 @ 10AM-12PM

EAST, SOUTH, & EAGLE RIVER

\$12 EACH CHILD · SNACKS PROVIDED

FAMILY FUN NIGHT

WEDNESDAY, DECEMBER 19, 5-8PM

EAST, SOUTH, EAGLE RIVER & WASILLA

Bring the entire family for holiday cheer!

FREE FOR MEMBERS & GUESTS



APP CHALLENGE

12 DAYS OF FITNESS

12 DAYS OF FITNESS · DECEMBER 1 - JANUARY 11

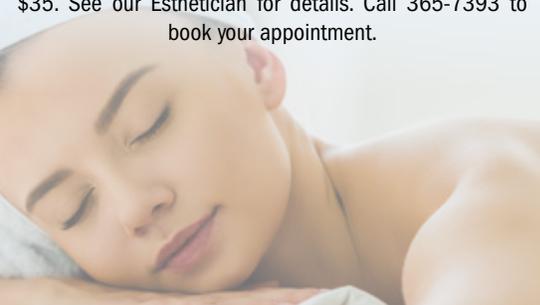
Enter 3 workouts per week on The Alaska Club App and you'll be entered to win a car starter. Suggestions to maximize your workout: 2 days of strength training exercise and 2 days of cardio. Did you know that adding 1 lb. of muscle increases calorie burn by 500 per day?

DID YOU KNOW?

Locker rentals are available at East, South, Wasilla and The Summit! Rates are \$8 monthly (\$10 at The Summit). Visit TheAlaskaClub.com/locker-rental to find out more and get started. Special offer available for new locker rentals at East, South and The Summit!

DECEMBER SPA SPECIAL

Book a HydraFacial in December and get another for only \$35. See our Esthetician for details. Call 365-7393 to book your appointment.



S	M	T	W	T	F	S
25	26	27	28	29	30	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	31	1	2	3	4	5



MEMBERSHIP HAS BENEFITS!



FLY
TRAMPOLINE PARK
WASILLA

AN EXCLUSIVE OFFER FOR THE ALASKA CLUB MEMBERS!

Fly Trampoline Park now offers to all of The Alaska Club members an Unlimited Access Pass for \$39 a month for the first user, and \$20 per month for each additional user. To sign-up, contact Member Accounting at 907-330-0102 or visit TheAlaskaClub.com/Fly-Trampoline-Park-add-com. For information on Fly Trampoline Park, visit their website or Facebook page.

SPECIAL GIFT IDEAS



Studio Merchandise

NOW - December 24

- 10% off all yoga mats, and receive a free bottle of fragrance spray with purchase
 - 30% Manduka Apparel
- Available at Studio



Studio Holiday Gift Special

NOW - December 24

5 Class Pack for \$79.00 - available online at TheAlaskaClub.com/StudioTheAlaskaClub/Pricing



12 DAYS OF FITNESS

NOW - December 31

12 DAY PASS FOR \$25

Visit any staffed The Alaska Club membership office to pick up your pass



THE GIFT OF FIT

Gift that special someone six personal training and unlimited Team Training sessions for only \$420

Purchase online at TheAlaskaClub.com/Gift-fit or call 365-7393

Expires 3 months from purchase

APP CHALLENGE | STARTS DECEMBER 1 | ENDS DECEMBER 31

MONDAY 3-17 YOGA & BEER @ WILLIWAW EVERY MONDAY

WEDNESDAY 19 FAMILY FUN NIGHT

FRIDAY 21 PARENTS' NIGHT OFF

TUESDAY 25 MERRY CHRISTMAS

TUESDAY JAN.1 NEW YEARS DAY HOT FLOW & YIN RESTORATIVE @ STUDIO

MONDAY JAN.7 WINTER/SPRING FITNESS SCHEDULE BEGINS

LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EASTTUDOR 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