



Member Newsletter

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HAPPY HOLIDAYS

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. 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 by visiting TheAlaskaClub.com. We wish all of our members a happy and healthy holiday season!

FAIRBANKS DECEMBER 2018

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
- South club close @ 6pm
- West remains open (24 hours)

Tuesday Dec. 25: Christmas Day

- South club is closed - no classes
- West remains open (24 hours)
- Classes resume 12/26 @ 8:20am

Tuesday Jan. 1: New Year's Day

- South club open @ 10am - 6pm
- (CHECK ONLINE OR APP FOR SCHEDULES)

PROGRAMMING ||| EVENTS

WINTER HOLIDAY BAZAAR

North Pole Mall Plaza

Saturday, December 1, 10am-6pm

This is a one-day bazaar, sponsored by the North Pole Chamber of Commerce in conjunction with the North Pole Winter Festival. Bring the whole family and stop by our booth for fun games and prizes.

WINTER HOLIDAY
BAZAAR

BIRTHDAY PARTIES

Book your birthday party at The Alaska Club, it's the perfect place for any celebration. It's easy, affordable and we do most the work. Come visit us at South or call 365-7393 to book your party today!

 THE ALASKA CLUB



SPECIAL GIFT IDEAS

GIVE THE GIFT OF FIT

\$420

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



12 DAYS OF FITNESS

NOW - December 31

12 Days of Fitness for just \$25 - now through December 31st

Purchase a 12 Day Pass for loved ones and friends. Visit any staffed The Alaska Club membership office to pick up your pass

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?

STARFISH ACADEMY

SWIM REGISTRATION

Missed Registration? Contact Katrina Lydon at 458-1715 to check on availability. Already registered? Check class times at the South Member Support Desk or call 452-6801.

TEAM TRAINING

FALL/WINTER SCHEDULE

IS NOW LIVE

THE WAY fitness SHOULD BE

TheAlaskaClub.com/Team-Training

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



MEET OUR FITNESS DIRECTOR

You may know Katrina as the person for equipment issues, or the hockey player doing drills with the kids on the basketball court. What you may not know about is her passion for Thailand, and for the plight of the working elephants there. Katrina has been to Thailand 5 times since 2015 and every time she gets on the last flight home, she's sad to be leaving and wondering what more she could do for the *"big, amazing, beautiful, smart creatures"* she has come to love.

Before elephants can officially start "working" they need to be broken. Working elephants often carry tourists in a basket on their backs for 15 hours a day, 7 days a week. And their working life is about 30 years, often under very poor conditions.

Inspired by the elephants, Katrina decided to raise money for Elephant Nature Park, an elephant sanctuary in Chiang Mai. The founder of this sanctuary and her staff rescue elephants from all over Thailand and Cambodia and give them another chance at life — a chance to learn how to be an elephant again.



In the first three days of Katrina's GoFundMe campaign, she reached her goal of \$1,000. Five days later she exceeded \$1,400. She's ecstatic and grateful for such amazing community support.

If you'd like to know more, just ask Katrina and she'll be happy to share. To donate, go to www.GoFundMe.com/d6c4u6-help-me-help-the-elephants.

Congratulations to our racquetball players on a fun-filled Black Friday racquetball tournament. Check out the bulletin boards by the courts for information about lessons, challenge nights and upcoming tournament play. We'd love to have you join us!



APP CHALLENGE | STARTS DECEMBER 1 | ENDS DECEMBER 31

SATURDAY	1	WINTER HOLIDAY BAZAAR
WEDNESDAY	19	FAMILY FUN NIGHT
TUESDAY	25	MERRY CHRISTMAS
MONDAY	JAN.7	WINTER/SPRING FITNESS SCHEDULE BEGINS

CHECK THE HOLIDAY SCHEDULE ONLINE

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 / JEWELL 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