



Member Newsletter

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HAPPY HOLIDAYS

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

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
- Downtown clubs closes @ 4pm
- Valley 24 hour access available

Tuesday Dec. 25: Christmas Day

- Downtown club closed
- Valley 24 hour access available
- Classes resume 12/26 @ 5:30am

Sunday Dec. 31: New Year's Eve

- Classes end at 2:30pm
- Downtown clubs closes @ 6pm
- Valley 24 hour access available

Tuesday Jan. 1: New Year's Day

- Valley 24 hour access available
- Downtown club is closed

New Year's Day Special Classes @ Valley

- Lower Body Sculpt @ 11am
- Group Core @ 12pm
- Valley 24 hour access available
- **(CHECK ONLINE OR APP FOR SCHEDULES)**

POP-UP CLASSES ||| EVENTS

ZUMBA® STRONG

Juneau Valley

Saturdays starting December 8, 12:30-1pm

Shorter. Effective. In demand. Stop counting the reps, and start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more!



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 DAY PASS FOR \$25

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?

JUNEAU VALLEY IS NOW OPEN 24 HOURS

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



FAMILY FUN NIGHT



FAMILY FUN NIGHT

Juneau Valley

Every Third Wednesday, December 19 | 4-7pm

Games, Workouts, Crafts and more! Bring a friend: FREE for members and guests!

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 789-2181 to book your party today!



APP CHALLENGE | STARTS DECEMBER 1 | ENDS DECEMBER 31

SATURDAY 1-29 ZUMBA STRONG

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 / 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