

IN THIS ISSUE

December Events Group Fitness & Programming 12 Days of Fitness December App Challenge Gift Ideas NOW 24 HOURS

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:

- <u>Rewards</u> 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
- 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)

Member Newsletter

HAPPY HOLIDAYS

JUNEAU DECEMBER 2018

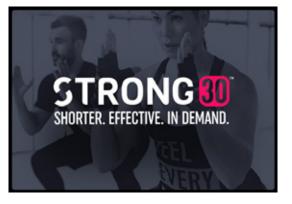
ECEMBER is a great time to start thinking about your New Year's resolution. Consider trying a new group fitness class with a friend, or maybe personal training is on your holiday list. Ask a fitness consultant about The Alaska Club's Team Training program. The most important thing to remember is to nurture 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!

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



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





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



fitness Should BE

AlaskaClub.com/Toam Trainir

meanaskacius.com/ ream-maining							
S	Μ	T	W	T	F	S	
25	26	27	28	29	30		
2	3		5	6		8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	38	29	
30	31	1	2	3	4	5	





FAMILY FUN NIGHT

Every Third Wednesday, December 19 I 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!



출 THE ALASKA CLUB

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

