



THE ALASKA CLUB IS A PROUD SPONSOR OF IRON DOG TEAM 8 · TYLER AKLESTAD & TYSON JOHNSON

Member Newsletter

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NEWS TO USE

GET THE ALASKA CLUB APP EARN MORE POINTS

BY REFERRING A FRIEND

Join the rewards program this month and send your friend a 3-day pass. If they join, you'll receive 500 Reward Points!

Available from the iTunes Store & Google Play Store.

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
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HAPPY HEART HEALTH MONTH

SOUTHCENTRAL FEBRUARY 2019

We're celebrating 33 years of service to our members all month long! We're proud to share our commitment to health and fitness with you. Remember that February is also American Heart Health Month, and at The Alaska Club we're changing lives by providing healthy choices for men, women and children to stay motivated, active and fit. Come celebrate with us during our Anniversary Open House February 4-11, guests can try us out for free, so bring a friend. To learn more, visit TheAlaskaClub.com.

PROUD SPONSORS ■■■ EVENTS

AK Ski For Women

Kincaid Chalet

Saturday, February 2, 10:30am-1pm

Join in the fun at the colorful Alaska Ski for Women. The largest women-only cross-country ski event. This is a great event where women of all ages and abilities come out to ski approximately 2.4 miles (4K), many in colorful costumes, while raising funds for local non-profit organizations that help stop the cycle of domestic abuse. To register, go to AnchorageNordicSki.com/events/alaska-ski-for-women



REVOLUTION RIDE

5TH AVE. MALL

Saturday, February 9, 11am-4pm

RIDE FOR AN HOUR FOR A GREAT CAUSE AND A FANTASTIC PRIZE!

By participating in the 10th Annual Revolution Ride, you are helping others receive access to healthcare. All proceeds go to Anchorage Project Access to help connect people in Anchorage without medical insurance to medical services.

To register, visit AnchorageProjectAccess.org



GO RED FOR WOMEN LUNCHEON

The Dena'ina Civic and Convention Center

Wednesday, February 27, 11am-4pm

Morning Conference @ 8:30-11:30am | Luncheon @ 11:30am-1:00pm

The Go Red for Women luncheon continues to serve as the cornerstone event of the Go Red For Women movement and focuses on preventing heart disease and stroke by promoting healthy lifestyles, building awareness and raising critically-needed funds to support research and education initiatives.

For more information, visit GoRedForWomen.org



THEALASKACLUB.COM

KIDS IN-SERVICE CAMP!

MARCH 8

MARCH 8 • 9AM-4PM

\$64/MEMBERS & \$79/NONMEMBERS

Bring your own lunch and 2 snacks

No before or aftercare available for this camp

Child must attend school in the
2018/2019 year.

DCA ACCEPTED | CALL 365-7393

or visit TheAlaskaClub.com/Camps

KIDS SPRING BREAK CAMP!

MARCH 11-15

MARCH 11-15 • 9AM-4PM

\$179/MEMBERS & \$199/NONMEMBERS

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

Bring your own lunch and 2 snacks

Child must attend school in the 2018/2019 year.

DCA ACCEPTED | CALL 365-7393

or visit TheAlaskaClub.com/Camps

Available at South, East, & Eagle River

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Registration opens February 10 for March lessons

Get started early with **"Little Ones with a Parent."**

This level introduces basic skills to parents and children, including safety topics. Entry and exiting water while holding a baby, Blowing bubbles, underwater exploration, submersion, front and back floats, glides, rolling from front to back and back to front, good swim habits and more! *For children 6 months - 3 years old.*

**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.

**Register at thealaskaclub.com/parties
call 365-7393, or stop by any Member Support Desk.**



PARENTS' NIGHT OFF: THE ALASKA CLUB HEART CHALLENGE

The Alaska Club South, Eagle River & Wasilla

February 22 • 6-9pm | AGES 3+ (must be potty trained to attend)

This month, kids will make heart shaped snacks, crafts and learn about heart healthy activities for the whole family: \$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

Thursdays • 4:30-5:15pm

AGES 3-11

Monthly Series: 1 session/week

Members \$50/mo. | Nonmembers \$65/mo.

This is a great introduction to dance. Kids will learn movements across a variety of dance styles and put them together in a fun routine. These classes are taught by a professional dancer.

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



#WEDANCE4ALS

@SOUTH GYM
FRIDAY
FEB. 8
6:00-7:30PM
AFTER PARTY 7:30-9PM @ SUMMIT
REGISTER @ THEALASKACLUB.COM/ALS



19 N' 28 YOGA CHALLENGE



KEEP YOUR 2019 RESOLVE STRONG BY CHALLENGING YOURSELF TO
ATTEND 19 YOGA CLASSES IN THE MONTH OF FEBRUARY!

FEBRUARY POP-UP CLASSES

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

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

YOUTH YOGA

Wasilla Group Fitness Studio

Friday, Feb. 8, 4:30-5:15pm

A playful approach to Yoga. Ages 6-12.

Instructor: Camie

ZUMBA DANCE PARTY &

FUNDRAISER: #WEDANCE4ALS

South Gym

Friday, Feb. 8 | Zumba 6-7:30pm

After party 7:30-9pm

Dance your heart out to help raise funds for those who can't dance. Then join us for the after party in The Summit lounge to include food, wine, beer and silent auction.

GENERATION POUND:

PRESIDENT'S DAY POP-UP

South Studio 1

Monday, Feb. 18, 12-12:45pm

Calling all rockstars, ages 6 and up! Grab a set of sticks (we provide them), then MOVE, ROCK, DRUM and MAKE SOME NOISE!

Parents are welcome too!

Instructor: Kim

NEW FITNESS INTRO SERIES

Learn the moves, equipment, and proper etiquette while getting a great workout.

ROOKIE RIDER CYCLE CAMP

Eagle River

Tuesday's, Feb. 12, 19 & 26, 6:15pm

Instructor Janet.

INTRO TO PILATES

Eagle River

Tuesday's, Feb. 12, 19 & 26, 7:05pm

Instructor Amanda.

BOSU 101

South

Thursday's, Feb. 14, 21 & 28

Instructor Kim.

ROOKIE RIDER CYCLE CAMP

West

Thursday's, Feb. 28, Mar. 7 & Mar 14

Instructor Ashley.

Register @ TheAlaskaClub.com/Introseries

STUDIO HOT YOGA BOUTIQUE

Call 365-7393 or visit StudioAkHotYoga.com to schedule.

Classes are included 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.

FIRST FRIDAY FUN

LOVE YOURSELF HEART OPENERS

Studio · Friday, Feb. 1, 6-7:15pm

We will have a chair massage before and after class on a donation basis to benefit ALS Research.

Instructor Eydie.

Included in Gold and Platinum membership with The Alaska Club.

YOGA & BEER @ WILLIWAW

Williwaw Social, 607 F Street

Mondays in Feb. @ 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!

PARTNER YOGA

Studio · Friday, Feb. 8, 6-7:15pm

\$15 per person

Connect with a friend or loved one this partner-based practice. We'll explore flows that require two!

Instructor Andrew

RUN HAPPY

Studio · Saturday, Feb. 16, 3-4:30pm

\$20 workshop fee

Join us to learn about Injury prevention techniques, training, and exercises for runners.

Instructor Alec

HIP HOP YOGA

Studio · Thursday, Feb. 21, 5:45-6:45pm

Step in an upbeat, energized yoga practice to your favorite Hip Hops Tracks!

Instructor Eydie

HAVE A BALL!

Studio · Saturday, Feb. 23, 3-4pm

\$20 workshop fee

This workshop will take pieces practiced in traditional yoga, shake them up and modify them a bit in honor of walking, running and hiking!

Instructor Milca

19 n' 28: YOGA CHALLENGE

Keep your 2019 resolve strong by challenging yourself to attend 19 yoga classes in the month of February. Joining the challenge is free for current Studio members and you may also pay as you go with our drop in classes.

NEW FITNESS PROGRAMMING



TRIATHLON INDOOR SERIES

Kid's Splash & Dash

Saturday, February 9, 1pm @ East

\$20 members/\$25 nonmembers

Kids race for ages 12 and under. Event

includes 5 minutes of swimming, a 10

minute transition time, and 10 minutes

of running laps in the basketball gym. The

goal is to get as much distance as possible

during the set time. Participants receive

T-shirts and a finisher medal!

TRIATHLON INDOOR SERIES

Indoor Duathlon

Sunday, February 10, 8am-12pm @ WEST

\$25 members/\$30 nonmembers

This event is for ages 12 and up. Timed Run/

Bike/Run format on treadmills and spin

bikes: 10 minute run, 30 minute cycle, 10

minute run OR 5 minute run, 15 minute bike,

and a 5 minute run.

BONUS TEAM TRAINING CLASS

SUPER BOWL SUPER BURN

West, East & South

Sunday, Feb. 3, 9-10am

Group circuit-style workout led by a personal trainer. This class is free for members & guests!

APP CHALLENGE LOVE THE BURN

Love The Burn · FEBRUARY 1 - FEBRUARY 28

In celebration of Healthy Heart Month, let's pick-up the pace by including Cardio and Strength Training into your routine.

Burn 6000 calories by February 28th and you'll be entered to win a Fitbit Charge 3 Heart Rate Monitor Fitness Tracker.

We encourage you to try things like Team Training, a group fitness class, swimming and different cardio equipment for variety and fun!

YOU DESERVE THE GOOD LIFE GOOD life

Treat yourself to the Good Life, sign-up by February 28th and receive your first 2 months free and a \$45 HydraFacial™ (\$150 value) for you, or to gift to a friend for Valentine's Day. The Good Life includes free child care, **and one free service per month:** A 55 minute massage, HydraFacial™, or personal training session, as well as unlimited hydromassage, UV and spray tanning, full body moisturizing treatments, discounts on additional massages and HydraFacials™, unlimited DVD/Blu-ray rentals, 2 Guest Passes and a 25% discount at our Pro Shop.

To get started today, call (907)365-7393 or contact Amenities@TheAlaskaClub.com



S	M	T	W	T	F	S
27	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	1	2



GET FIT CHALLENGE WINNER



CONGRATULATIONS KRISTINE OF FAIRBANKS

Kristine of Fairbanks is our first place winner of the network wide Get Fit for the Holidays Challenge with her Personal Trainer Tara!

Kristine lost 24.8 lbs, 7.3% body fat and 14.2% body weight! Way to go Kristine, keep up the hard work! Thank you to everyone who participated in the Get Fit Challenge, together you lost 441 pounds! Read Kristine's inspiring story on The Alaska Club Blog at TheAlaskaClub.com/Blog



FAMILY FUN NIGHT

Wednesday, February 20
4-7pm at East, South & Wasilla, 5-8pm at Eagle River
FREE for members and guests!

PREVA P82 ENTERTAINMENT CONSOLE

The new Preva P82 screens are the most advanced interactive entertainment consoles in the industry today, and The Alaska Club is the only gym in Alaska to bring this cutting-edge technology to its members! The screen features:

- Mobile device charging system
- Bluetooth/Wi-Fi connectivity
- Email connectivity
- HD Touchscreens
- Multiple language options
- Connection to your favorite Apps: Netflix, Hulu, Spotify & Pandora
- Heart Rate monitoring
- Private workout data storage



Available soon @ East, Eagle River, West, Club for Women, South, Summit & Wasilla.

APP CHALLENGE | STARTS FEBRUARY 1 | ENDS FEBRUARY 28

SUNDAY	4-11	OPEN HOUSE WEEK
MONDAY	4-25	YOGA & BEER @ WILLIWAW EVERY MONDAY
FRIDAY	8	KID'S SPLASH AND DASH @ EAST
FRIDAY	8	#WEDANCE4ALS ZUMBA FUND RAISER @ SOUTH
WEDNESDAY	20	FAMILY FUN NIGHT
FRIDAY	22	PARENTS' NIGHT OFF

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