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NEWS TO USE

GET THE ALASKA CLUB APP

BY REFERRING A FRIEND

your friend a 3-day pass. If they join, you'll

Available from the iTunes Store & Google Play Store.

- Rewards Program
- Set Goals
- Join Challenges

- Real-time Notifications

Member Newsletter

HAPPY HEART HEALTH MONTH

SOUTHCENTRAL FEBRUARY 2019

e'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 crosscountry 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.



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**





















KIDS SPRING BREAK CAMP! ARCH 11-1

\$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 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**

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

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, unerwater 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.







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

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 partnerbased 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!

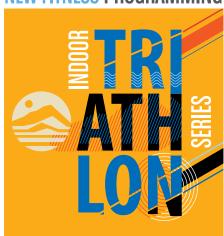
Studio · Saturday, Feb. 23, 3-4pm \$20 workshop fee

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 THE BURN

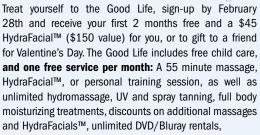
Love The Burn · FEBRUARY 1 - FEBRUARY 28

In celebration of Healthy Heart Month, let's pickup 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.

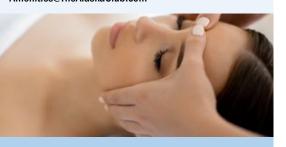
We encourage you to try things like Team Training, a group fitness class, swimming and different cardio equipment for variety and fun!

YOU DESERVER THE GOOD LIFE GOOD * life_



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	Т	W	T	F	S
27	28	29	30	31		
	4	5	6	7	8	9
10	11	12	13	14	15	16
					22	
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 Rive **FREE for members and guests!**

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 \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 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 / WASILLA VALLEY · 1720 EAST PARKS HIGHWAY · 376-3300 / PALMER 12051 EAST PALMER-WASILLA HIGHWAY FAIRBANKS





