



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

Member Newsletter

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- HAPPY VALENTINE'S DAY**

HAPPY HEART HEALTH MONTH

FAIRBANKS 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.

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
- Schedule classes
- Club Check-in
- Real-time Notifications

KIDS SPRING BREAK CAMP!

MARCH 11-15 · 9AM-4PM

\$179/MEMBERS & \$219/NONMEMBERS

BEFORE CARE: 7:30-9AM | AFTER CARE: 4-5:30PM

In-service Day Camps and Week Long Camps offer a healthy, creative, fun and safe environment for all kids ages 5-12. Activities include swimming, games, sports, and plenty of time outside - even in the winter! Join us for all of the youth camp activities for your kids. Nonmembers are welcome. Child must attend school in the 2018/2019 year, and DCA accepted. Register by calling (907) 365-7393 or visit TheAlaskaClub.com/Camps!

TEAM TRAINING

NOW AVAILABLE

FOR SCHEDULES AND INFORMATION

CHECK THEALASKACLUB.COM

TEAM TRAINING is sure to keep you **ENGAGED** while giving you the kick-in-the-pants you need! It **CHALLENGES MIND & MUSCLE** with full-body interval training. Our state of the art equipment and certified **COACHES** will **MAXIMIZE** your **CALORIE BURN** and **FUNCTIONAL STRENGTH** development.

UNLIMITED TEAM TRAINING INCLUDED WITH ALL PERSONAL TRAINING PROGRAMS OR ADD-ON TO ANY FITNESS MEMBERSHIP FOR \$69 PER MONTH

TEAM TRAINING WINTER/SPRING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am		Afterburn		Foundations		
9:30am		Foundations		Afterburn		
10:00am						Afterburn
5:30pm	Foundations		Afterburn		Foundations	

**PARENTS' NIGHT OFF:
THE ALASKA CLUB HEART CHALLENGE**

The Alaska Club Fairbanks South
**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!

Pre-Registration encouraged,
Visit at thealaskaclub.com/parentsnightoff
or call 365-7393

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!

THE WAY *fitness* SHOULD BE

STARFISH ACADEMY SWIM REGISTRATION

Missed Registration? Contact Katrina Lydon at 458-1745 to check on availability. Already registered? Check class times at the South Member Support Desk or call 452-6801.

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
5-8pm at Fairbanks South
FREE for members and guests!

WELCOME ALISHA MORAN

OUR NEW GROUP FITNESS COORDINATOR



Alisha Moran:

"I strive to maintain a healthy lifestyle while also being aware of the challenges that come with that. For me, half my battle is my mindset. Being around others who have the same goals and positive attitudes makes a huge difference. I love encouraging others and celebrating their victories while also working through their challenges. Having this opportunity I feel, is just the next step in that direction."

APP CHALLENGE | STARTS FEBRUARY 1 | ENDS FEBRUARY 28

SUNDAY	4-11	OPEN HOUSE WEEK
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 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