



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

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 valley or call 789-2181 to book your party today!



HAPPY HEART HEALTH MONTH

JUNEAU 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.

YOU'RE GOING TO LOVE THE JUNEAU DOWNTOWN REMODEL

- **NEW EQUIPMENT AT BOTH LOCATIONS**
- **NEW TANNING AREA**
- **NEW LOUNGE AND FRONT DESK**
- **MORE OPEN SPACE & BETTER SCENIC VIEWS**
- Adaptive Motion Trainers
- Elliptical Fitness Crosstrainer
- Recumbent Bike
- Upright Bike
- Treadmills
- Include bench Press
- Lat Pulldown
- Power rack
- Seated Row
- Vertical Bench Press



PREVA P82 ENTERTAINMENT CONSOLE

Coming this month! 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
- HDMI Touchscreens
- Multiple language options
- Connect onto your favorite Apps: Netflix, Hulu, Spotify & Pandora
- Heart Rate monitoring
- Private workout data storage



JUNEAU VALLEY IS NOW 24 HOUR ACCESS!

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, and different cardio equipment for variety and fun!

THE WAY
fitness SHOULD BE

FAMILY FUN NIGHT

Wednesday, February 20, 4-7pm
Juneau Valley · FREE for members and guests!



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

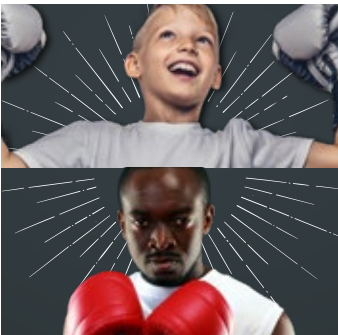
Kristine of Fairbanks is our first place winner of the network wide Get Fit for the Holidays Challenge with her Personal Trainer Tara!

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

PROGRAMMING EVENTS

YOUTH AND ADULT BOXING

The Alaska Club Juneau Valley
February 2 – March 10, Saturday's & Sunday's
Youth: Sat. 11am - 12pm, Sun. 3:15-4:15pm
Members: \$55 | Nonmembers: \$65
Adult: Sat. 12:15pm - 1:15pm, Sun. 2-3pm
Members: \$75 | Nonmembers: \$85
Starting February 2: 5 week sessions, with 2 classes each week. Train and build up your defenses with USA Certified Boxing Coach, Randy Willard, along side a UFC mitt worker, Bellator mitt worker and a mitt worker from Floyd Mayweathers' Gym.



WOMEN ON WEIGHTS

The Alaska Club Juneau Downtown & Valley
Starts February 4, Monday's, 4-5pm
Members: \$300 · Nonmembers: \$350
Join Audra Henderson - NASM CPT on a 6 week transformation. This on going series consists of low to moderate impact activities in a small group format (5 people max) that focuses on dynamic exercises such as core training, cardio training, flexibility training and strength training that incorporates body weight, free weights with kettle bells, machines and cable workouts.
To register, contact Becky at BThomas@TheAlaskaClub.com



APP CHALLENGE | STARTS FEBRUARY 1 | ENDS FEBRUARY 28

SUNDAY 4-11 OPEN HOUSE WEEK
WEDNESDAY 20 FAMILY FUN NIGHT

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