

THE WAY fitness SHOULD BE

Member Newsletter

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Summer Fun Camp · REGISTER NOW

Augie's Quest Annual ALS Fundraising

April App Challenge

Pop-Up Classes

Youth Activities

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

HOLIDAY SCHEDULE

Sunday, April 20: Easter Eve

- Classes end @ 2pm
- West & Jewel Lake remains open (24 hours)

Sunday, April 21: Easter

- East, Wasilla & Palmer clubs open 10am-6pm
- Eagle River club open 10am-5pm
- South, Summit, Club for Women & Downtown closed - no classes
- West & Jewel Lake remains open (24 hours)
- Classes resume 4/22 @ 5:30am
- Studio remains open during scheduled classes
- (CHECK ONLINE OR APP FOR SCHEDULES)

HAPPY EASTER

SOUTHCENTRAL APRIL 2019

Spring kicks new life into us with longer days and warmer weather. Our motivation also increases, so it's a perfect time to kick your fitness up a notch. Let springtime's rejuvenation inspire you to try something new. Maybe it's hot yoga at Studio, or a new group fitness class or Team Training. Many of you will be preparing for a triathlon, a 5K, 10K or more, so you may want to talk to a personal trainer about developing a customized program. This spring, kick up your training inside to perform better outside. Learn more at TheAlaskaClub.com.

PROUD SPONSORS ■■■ EVENTS

SKINNY RAVEN SUPER HERO SHOWDOWN

Chuck Albrecht Fields

Saturday, Apr. 6, 10am (LITTLE HERO 1.3K) | 10:20am (SUPERHERO 5K)

Suit up in costume and help save the day again. When you cross the finish line, there will be food trucks and a bouncy castle for the kids!

For more information, visit SkinnyRaven.com/Events

GREAT ALASKA SPORTSMAN SHOW

Sullivan & Ben Boeke Arenas

Thursday, Apr. 4, 4pm-9pm | Friday, Apr. 5, 12pm-8pm |

Saturday, Apr. 6, 10am-8pm | Sunday, Apr. 7, 10am-5pm

A great outdoor exhibit with Alaska experts. Stop by our booth to demo our new state-of-the-art Matrix bikes from our West club!

For more information, visit GreatAlaskaSportsmanShow.com

ANCHORAGE KIDS DAY

The Dena'ina Civic and Convention Center

Saturday, April 20, 10am-4pm

Kids Day will include face-painting, prize wheels, bouncy house, wild about reading program with free books, fun giveaways & live stage performances!

For more information, visit <https://bit.ly/2HHNjYY>

HEART RUN

New AK Airlines Center — UAA

Saturday, April 20, 9:30am (Timed Run) | 10am (Untimed Run/Walk)

Join the American Heart Association as we celebrate together community programs that help to fight cardiovascular diseases and stroke.

For more information, visit <https://bit.ly/2HUR9NI>

SPRING FLING FOR WOMEN

AK Airlines Center — UAA

Friday, April 19, 10am-6pm | Saturday, April 20, 11am-5pm

Grab your mother, daughter, sister or friend and shop, learn and laugh. It's the ultimate day out for women! Enjoy fine arts, clothing, dance/ exercise, skin care, cosmetics and prizes! For more information, visit <https://bit.ly/2pouWwA>



THEALASKACLUB.COM



SUMMER FUN CAMP MAY—AUG

— — — — —
\$184 MEMBERS/WEEK • \$204 NONMEMBERS/WEEK
BEFORE CARE: 7-9AM • AFTER CARE: 4-6PM | \$30/WEEK
South, East, Eagle River & Wasilla

— — — — —
REGISTRATION IS NOW OPEN • NONMEMBERS WELCOME
SIGN-UP BY CALLING (907)365-7393 OR VISIT:
THEALASKACLUB.COM/CAMPS

The Alaska Club East and Wasilla are Licensed Childcare Facilities and accepts Day Care Assistance.
The Alaska Club South & Eagle River are accredited through the American Camp Association.

STARFISH ACADEMY SWIM LESSONS

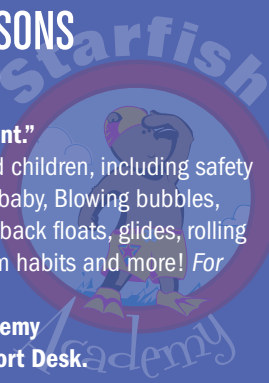
The Alaska Club East, South, Eagle River & Wasilla

Registration opens April 10 for May 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.



PARENTS' NIGHT OFF: SPRING HOPS

The Alaska Club South, Eagle River & Wasilla

April 26 • 6-9pm | AGES 3+ (must be potty trained to attend)

Fun and 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



APRIL

APRIL POP-UP CLASSES

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

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

PILATES

East Group Fitness Studio

Wednesday, April 3 & 10, 5:30-6:30pm

Instructors: Chris

AQUA ZUMBA

East Pool

Friday, April 12 & 26, 12-1pm

Instructor: Johnny

P90X LIVE MASTERCLASS

South Studio 2

Sunday, April 7, 9:30-10:30am

Instructors: Steve

BIKE & BARRE

South Cycle Studio

Sunday, April 7, 10:30-11:45am

Instructor: Anne

KNOW YOUR NUMBERS:

CYCLE POWER TEST

West Cycle Studio

Saturday, April 13, 11am

Instructor: Stacey

Thursday, April 25, 12:10pm

Instructor: Lori

GROUP CENTERGY

Wasilla Group Fitness Studio

Saturday, April 20, 1-2pm

Friday, April 26, 11:15am-12:15pm

Instructor: Kaci

STRONG BY ZUMBA

Wasilla Group Fitness Studio

Wednesday, April 17, 4:45-5:40pm

Wednesday, April 24, 4:45-5:40pm

Instructor: Bronwen

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: HOT & COLD ROCK STAR YOGI W/ WYLD SCOOPS

Studio · Friday, Apr. 5, 6-8pm

\$10 Event Fee

Hot Rock Star Yoga followed by Wild Scoops coolness. This Rockstar Yogi class is a fun and uplifting old school rocking vinyasa yoga class! Breathe, learn to fly, close your eyes and bust out some wild things that make your heart sing while releasing our beast of burdens.

THIRD THURSDAY POP-UP:

FULL MOON RISING SALUTATIONS

Studio · Thursday, Apr. 18, 5:45-6:45pm

\$18 Drop-in

Pop into this moon salutation focused yoga practice. Included with Gold and Platinum memberships & one punch of a series card.

FOURTH FRIDAY: HIP HOP YOGA

Studio · Friday, Apr. 26, 5:45-6:45pm

\$10 Event Fee

Hot Yoga with a live DJ, and a hip hop playlist. Refreshment social afterwards.

DISCOVERING YOUR DOSHA WORKSHOP

Studio · Sunday, Apr. 28, 3-4:30pm

Doshas are the three energies that define every person's makeup. Knowing your dosha can help you live a healthier, more balanced life.

YOGA & BEER @ WILLIWAW

Williwaw Social, 607 F Street

Mondays in April @ 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!

APRIL STUDIO SPECIALS

COMMIT TO GET FIT:

Unlimited Yoga Class Access class pack.

Two months for \$150 or 5 classes for \$75.

NEW MUSIC! NEW MOVES! NEW WORKOUTS LAUNCH

Launching new workouts in all of the Mossa Group Fitness formats! Free for members, no registration required!

 ACTIVE	APR. 8
 BLAST	APR. 8
 POWER	APR. 15
 CENTERGY	APR. 15
 CORE	APR. 22
 R30	APR. 22

 & 

THE ALASKA CLUB & FLY TRAMPOLINE PARK

PRESENT

BLAST

APRIL 13 · 12-6PM

A FAMILY EXPERIENCE FOR ALL AGES
AT THE ALASKA CLUB EAST



FORTNITE

TOURNAMENT

1-5PM

\$25/MEMBERS \$30/NONMEMBERS

INCLUDES PLAYERS-ONLY LOUNGE
80 SPOTS. PRE-REGISTRATION REQUIRED.

GENERAL ALL-DAY ADMISSION:

\$5/MEMBERS \$10/NONMEMBERS

BOUNCY HOUSE, LIFE SIZE JENGA,
GIANT BOWLING, GLOW PAINT,
ZORB BALLS, MUSIC & MORE!

WALK-INS WELCOME!

FOR MORE DETAILS AND REGISTRATION:
visit flytrampolinepark.com/blast or
contact Tina Tipner at ttipner@thealaskaclub.com.

JUMP START YOUR FITNESS



Jump Start Your Fitness • April 1 - April 30

Prepare for outdoor fun by logging 4 workouts per week.

Incorporate a cardio workout into each week, such as intervals, running at varying speeds, or add Jumping Jacks to your strength training. This will help to strengthen and tone your body, while improving cardio strength.

Log 16 total workouts by April 30th and you could win a \$100 Apple / iTunes gift card and a gift pack from The Alaska Club.

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fitness SHOULD BE

SPRING SPA SPECIAL • April

Book your HydraFacial by April 30th and receive \$10 off your next service or product purchase.



THANK YOU ALS FUNDRAISING SPONSORS!

BECAUSE OF YOU...

WE RAISED \$35,892 FOR ALS RESEARCH THIS YEAR!



WE'RE NOW CLOSER TO A CURE FOR ALS!

FAMILY FUN NIGHT EASTER EGG HUNT

Wednesday, April 17
4-7pm at East, South & Wasilla
5-8pm at Eagle River
FREE for members and guests!
TheAlaskaClub.com/Kids



S M T W T F S

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	29	30	1	2	3	4

APP CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

MONDAY	1-29	YOGA & BEER @ WILLIWAW EVERY MONDAY
MONDAY	8/15/22	NEW MUSIC! NEW MOVES! NEW WORKOUT LAUNCH!
SATURDAY	13	KNOW YOUR NUMBERS: CYCLE TEST @ WEST
WEDNESDAY	17	FAMILY FUN NIGHT
SUNDAY	21	HAPPY EASTER
FRIDAY	26	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