

THE WAY fitness SHOULD BE

Member Newsletter

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April Events

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 @ 12:50pm
- West Express remains open (24 hours)

Sunday, April 21: Easter

- South club is closed - no classes
- West remains open (24 hours)
- Classes resume 4/22 @ 6:15am
- (CHECK ONLINE OR APP FOR SCHEDULES)

HAPPY EASTER

FAIRBANKS 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 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

MUSH FOR KIDS

Pioneer Park

Saturday, April 6, 11am-4pm

Free dog sled rides for kids and the whole family!

For more information, visit www.ExploreFairbanks.com



BEAT BEETHOVEN 5K RUN/WALK

The Patty Center

Saturday, April 13, 11am

Race to finish the 5K before the last note of Beethoven's Fifth Symphony (approx. 31 mins) to receive a fabulous prize! For more information, visit

www.FairbanksSymphony.org



SUMMER ACTIVITY FAIR

Big Dipper Ice Arena Mezzanine

Saturday, April 20, 11am-4pm

Free admission to games, demonstrations and hands-on activities!

For more information, visit www.WebCenter11.com



EXTENDED PLAY CENTER HOURS

In an effort to better serve our member families, we extended our Playcenter hours!



Starting with a 4 week trial period in March and April, we will have the Playcenter open from 8:15am until 8:00pm, Monday through Friday, without any breaks. Saturday and Sunday hours will remain the same. If there is sufficient interest to continue supporting the additional hours, we will carry the extended hours all the way through to the summer break. Bring your littles and come have fun with us in the Playcenter!

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.

SUMMER FUN CAMP

MAY—AUG

8AM-4PM • \$184 MEMB/Week • \$204 NONMEMB/WEEK
EXTENDED CARE: 7:30AM-5:30PM | \$30/WEEK

REGISTRATION IS NOW OPEN
THEALASKACLUB.COM/CAMPS

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



THANK YOU ALS FUNDRAISING SPONSORS!

BECAUSE OF YOU...

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

Goal \$20,000
\$35,892 Raised

DONATION THERMOMETER

Alaska Airlines

Ravn
ALASKA

Land's End

CATCH A LOT
CHARTERS

Alpine
Air Alaska

Alaska
RESORT

7 GLACIERS
RESTAURANT

ALASKA
STILLPOINT LODGE

WE'RE NOW CLOSER TO A CURE FOR ALS!

BIRTHDAY PARTIES

Book your party at The Alaska club, it's the perfect place for any celebration! It's easy, affordable and we do most of the work.

Visit us at Fairbanks South or call 789-2181 to book your party today!

FAMILY FUN NIGHT: EASTER EGG HUNT

Wednesday, April 17
5-8pm at Fairbanks South
FREE for members and guests!
TheAlaskaClub.com/Kids

APP CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

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