THE WAY *fitness* SHOULD BE

Member Newsletter

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April Events
April App Challenge
Summer Fun Camp · REGISTER NOW
Mossa Launch
Family Fun Night · BBQ

HAPPY EASTER

JUNEAU 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.

PROGRAMMING & NEW WORKOUTS:

NEW ON SCHEDULE

DOWNTOWN

CENTERGY, FRIDAY @ 12:15PM
ROOKIE RIDE, FRIDAY @ 6-6:45PM (6 WEEKS)

VALLEY

GROUP CORE, THURSDAY @ 10AM
R30, SATURDAY @ 10:05AM
CANDLE LIGHT YOGA, FRIDAY @ 6:30PM · Child Care open and nonmembers welcome!

NEW MUSIC! NEW MOVES!
MOSSA LAUNCH DATES

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

R30	APR. 1, 10:05AM, VL
GROUP CORE	APR. 4, 10AM, DT
GROUP ACTIVE	APR. 5, 9AM, VL
GROUP POWER	APR. 13, 9AM, VL • 9:30AM, DT
GROUP fight	APR. 20, 10:10AM, VL
GROUP CENTERGY	APR. 20, 11:15AM, VL

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 @ 1:20pm

Sunday, April 21: Easter
- Downtown closed - no classes
- Valley open 10-6pm
- Classes resume 4/22 @ 5:30am
- (CHECK ONLINE OR APP FOR SCHEDULES)

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.

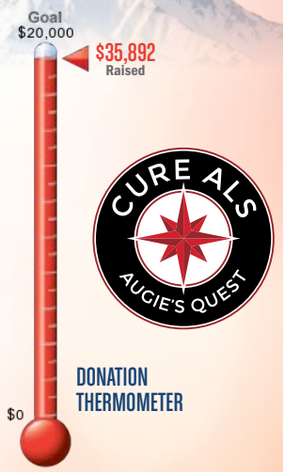
THE WAY *fitness* SHOULD BE

THANK YOU ALS FUNDRAISING SPONSORS!

BECAUSE OF YOU...

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

Alaska Airlines · Ravn Alaska · Land's End · Catch A Lot Charters · Alpine Air Alaska · Alyeska Resort · 7 Glaciers Restaurant · Alaska Stillpoint Lodge

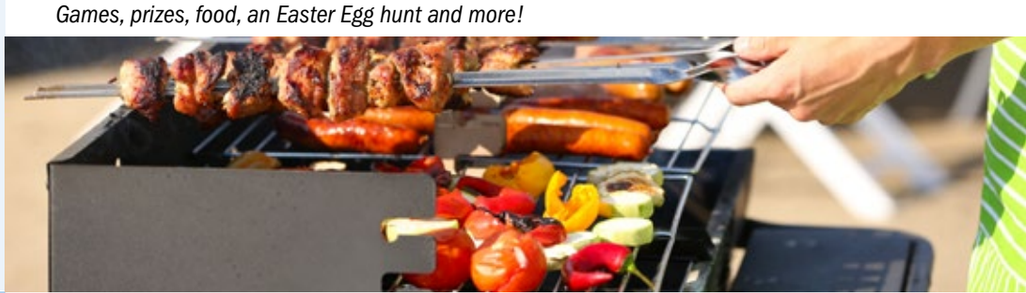


WE'RE NOW CLOSER TO A CURE FOR ALS!

A FAMILY FUN BAR-B-QUE

JOIN US ON APRIL 17 @ Downtown Club, 5-8PM!

Come meet Brian, the new General Manager, and bring your friends and family for free!
Games, prizes, food, an Easter Egg hunt and more!



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	NEW MUSIC! NEW MOVES! NEW WORKOUT LAUNCH!
WEDNESDAY	17	FAMILY FUN NIGHT: BAR-B-QUE
SUNDAY	21	HAPPY EASTER
WEDNESDAY	24-30	DOWNTOWN CLUB GRAND RE-OPENING

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

THEALASKACLUB.COM