

YOGA IN THE PARK

FREE & OPEN TO THE PUBLIC
DELANEY PARK STRIP

WEDNESDAYS @ 6-7PM

6/5/19 – 8/7/19



Member Newsletter

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NEW SUMMER HOURS

June Events

Yoga In The Park & Zumba In Town Square

New Group Fitness & Pool Schedules

Team Training Schedule Summer Refresh

Summer Fun Camp · REGISTER NOW

June Pop-up Classes

HAPPY FATHER'S DAY

SOUTHCENTRAL JUNE 2019

HAPPY FATHER'S DAY! The weather is warming up and the days are getting longer, so it's time to lace up our running shoes, break out our bikes and get ready for summer! Whether you're playing on a softball team or training for an upcoming race, you're undoubtedly spending more time outdoors. Remember to maintain your strength and cardio routines inside to help improve your performance outside. See what our NEW SUMMER GROUP FITNESS class schedules have to offer you and your family. Yoga is a great activity to keep your mind and body balanced and strong. Join us for Yoga In The Park from 6-7pm every Wednesday starting June 5 in Anchorage on the Delaney Park Strip. Brought to you by Studio, Anchorage's premier Hot Yoga experience. To learn more, visit Studio at StudioAkHotYoga.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



PROUD SPONSORS ■■■ EVENTS

YOGA IN THE PARK

DELANEY PARK STRIP

Wednesdays, June 5 - August 7, 6-7pm

Come Om with us all summer long! Free and open to the public.

For more information, visit TheAlaskaClub.com/Yoga-in-the-Park

COLONY DAYS

Palmer Visitor Center

Friday, June 7, 11am | Saturday, June 8, 11am | Sunday, June 9, 11am

See us at Colony Days presented by Happy Bison, an awesome 3-day festival in downtown Palmer. For more information, visit PalmerChamber.org/Colony-Days

MOUNTAIN BIKE FOR WOMEN FESTIVAL

Kincaid Park

Saturday, June 8, 12-8pm

Celebrate the first ever Mountain Bike for Women BIKE FESTIVAL! You get skills, clinics, social rides, maintenance sessions, short-track racing, daddy day care, barbecue and dessert, a rockin' sponsors village and MORE! **Space is limited!!!** Register at AlaskaBikeFestival.com

ALASKA RUN FOR WOMEN

Anchorage Football Stadium

Saturday, June 8, starts @ 6:45pm with bib pick-up.

Join us to raise money and awareness of breast cancer! Celebrate women's health and the talents of Alaska's female athletes! For more information, visit AkRfW.org

AK PRIDEFEST

Delaney Park Strip

Saturday, June 29, 11am-3pm

Anchorage Pridefest is a week-long celebration of the State's LGBT community.

For more information, visit AlaskaPride.org

ALASKA SCOTTISH HIGHLAND GAMES

Alaska State Fairgrounds

Saturday, June 29, starting @ 8am

Promote and celebrate Scottish culture, heritage and teachings with the people of Alaska!

For more information, visit AlaskaScottish.org

ALASKA MEN'S RUN

Alaska State Fairgrounds

Saturday, June 29, starting @ 10am

The 24th annual race to support a cure for prostate and testicular cancer!

For more information, visit AlaskaMensRun.com

ALASKA BASEBALL LEAGUE

A reminder, the season starts June 1 and runs all summer long!

All The Alaska Club members get to attend all games for FREE!

Checkout the upcoming games:

Miners, Sat., June 29

Chinooks, Sun., June 30 & July 20

Bucks, Sat., July, 6th



SUMMER FUN CAMP

NOW — AUG 30



NONMEMBERS WELCOME
SINGLE DAY & WEEK OPTIONS!

AGES 5-12

THEALASKACLUB.COM/CAMPS

(907) 365-7393



A DIFFERENT THEME EVERY WEEK

- ALL ABOUT SPORTS & FITNESS
- COLOSSAL SUPERHEROES
- OUTDOOR ADVENTURES
- WATER MANIA

EAST, SOUTH, WASILLA
EAGLE RIVER & FAIRBANKS
DAYCARE ASSISTANCE ACCEPTED

CHECK OUR WEBSITE FOR PRICING
& INFORMATION

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

STARFISH ACADEMY SWIM LESSONS

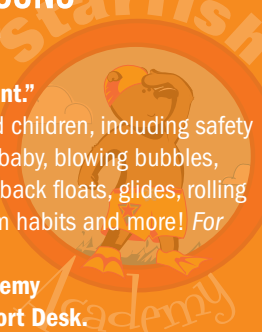
The Alaska Club East, South, Eagle River & Wasilla

Registration opens June 10 for July 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: BEACH PARTY THEME

The Alaska Club South, Eagle River & Wasilla

June 28 • 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



STUDIO

JUNE

JUNE POP-UP CLASSES

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

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

BREAKFAST BARRE

South Studio 2

Monday, June 10 & 17 6:30-7:30am

Shed your shoes and join us for this challenging workout of high-rep, small range of motion exercises designed for focused muscle training. Breakfast bars included to help get your morning off to a great start.

Instructor: Brittany

ZUMBA NEWBS: INTRO TO ZUMBA

South Studio 2

Monday, June 17 & 24, 5:30-6pm

Learn the FUNdamentals of this feisty format and boost your dance skills.

Instructor: Clarissa

OUTDOOR ZUMBA

Eagle River Town Square

Wednesday, June 12, 12-1pm

Enjoy some fun in the sun at this family-friendly Zumba party in Eagle River Town Square!

Instructor: Suzy

POOL BARRE

East Pool

Friday, June 21, 12-1pm

Join us for a happy hour of Pool Barre! The concepts of barre class combined with the resistance of the water adds an extra fun challenge to this full-body workout.

Instructor: Brittany

GENERATION POUND

East Group Fitness Studio

Wednesday, June 12, 5:30-6:15pm

Calling all Rock Stars ages 6 and up! Please join us for Generation Pound. Grab a set of sticks (we provide them), and then pound your heart out and MAKE SOME NOISE! Parents are welcome too.

Instructor: Kim

TRANSFORM LIVE

Sun., Jun. 9, 9-9:30am (South Studio 2)

Sat., Jun. 15, 12-12:30pm (South Studio 2)

Mon., Jun. 17, 12:15-12:45pm (East GF Studio)

Sun., Jun. 30, 9-9:30am (South Studio 2)

30 minute HIIT workout.

Instructor: Steve

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's Premier Hot Yoga experience.

FATHER'S DAY: 3 CLASS PACK

\$35 • Purchasable June 1 - 16

For this Father's Day, purchase Dad a 3 class pack!

SUMMER 10 CLASS PACK

\$125 • EXPIRES 6 MONTHS AFTER PURCHASE

Out of the pan and into the fire - purchase this 10 class pack for you or someone you know at a Summer's price!

SUMMER 3 MONTH UNLIMITED

\$275 • (June/July/August)

Want to spend a slice of your life at Studio?

This special offers a premium, unlimited journey into what Studio has in store for this exciting season.

YOGA IN THE PARK

Delaney Park Strip

Wednesdays, June 5–August 7, 6-7pm

Yoga In The Park is back! Come on' with us and find your center, find your peace, find yourself. Bring a mat and a friend - this event is free and open to the public.

HIKE & YOGA

Thursday, June 13 & 27, 12pm, Hilltop & Kincaid, Hike with friends and the rest of the class! At our destination we'll rest and recover with some Yoga.

AROMA YOGA WORKSHOP

Studio • Saturday, June 15, 2-3:30pm

\$20 workshop fee

Class will begin with an overview of essential oils to enhance overall wellness. We will move into a yoga practice using specific oils designed to have uplifting, calming, stimulating, or soothing properties. We will end in a relaxing Yoga Nidra.

SUMMER SOLSTICE

SUN SALUTATIONS

Studio • Thursday, June 20, 8:30-10pm

\$18 drop in (or class pack use)

We'll be at Studio on the eve of the Summer Solstice to welcome the new season with a meditative practice of performing 108 sun salutations. This event is beginner friendly and all are encouraged to come celebrate summer!

NEW FITNESS PROGRAMMING

SUMMER YOGA IN THE PARK

Delaney Park Strip

Wednesdays, June 5 - August 7 @ 6pm

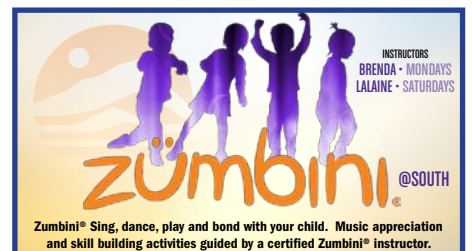
Brought To You By Studio: Bring your mat and a friend, and let's OM TOGETHER!

ZUMBA IN TOWN SQUARE

Downtown Anchorage Town Square

Tuesdays, 12-1pm, June 4 - August 13

Brought To You By The Alaska Club: Let's have some Zumba fun in the Alaskan Sun. This Zumba party is appropriate for all fitness and experience levels!



ZUMBINI DEMOS

Sing, dance, play and bond with your child.

Music appreciation and skill building activities guided by a certified Zumbini instructor.

Check online for dates

BOXING TRAINING GROUP

@ WEST

Mondays @ 1:15-2:15pm

Learn proper boxing techniques as if you were to walk into a boxing gym! Skills learned include "drilling" boxing combinations and techniques with a partner or instructor.

Instructor: Danny Malin

THE RIDE CHALLENGE IS ON

Log 10 or more cycle classes in the month of June. Winners will receive a cycle workout towel or water bottle and be entered to win a cycle fitness party. Sign up on the poster in the cycle studios.



JUNE 1 - JULY 31
(2 month challenge)

Let's make sure we're keeping our strength on point while we are enjoying our amazing Alaska summer.

Your goal is to log at least 16 strength workouts between June and July 31.

Using the app, manually enter your workout as weight training or Group Power, and you could win a \$150 gift certificate to Alaska Home Fitness Equipment!



JUNE 1 - JUNE 30

Sunshine Zen Shine Yoga App Challenge! Join the challenge and participate in at least 10 yoga classes in June.

Attending Yoga In The Park will count as two classes. Manually enter the workouts using Yoga In The Park or Yoga. Note: "Yoga" counts for all yoga classes, Group Centergy and Pi Yo. You could win a yoga mat and customized water bottle!

S	M	T	W	T	F	S
26	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	29
30	1	2	3	4	5	6



THE ALASKA CLUB



TEAM TRAINING SUMMER REFRESH.
For location info and updates, check TheAlaskaClub.com/team-training



LE TOUR DE FRANCE PROMO DEAL
To celebrate the very special Tour De France, Alaska Fitness Equipment is offering up to 25% off on select pro cycle equipment! Visit www.alaskafitnessequipment.com for more information.



FATHER'S DAY SPECIAL
Bring the Father in your life to The Alaska Club & if he's not a member, he gets in for free!

Dads get 2 hours of free child care on Father's Day!



FAMILY FUN NIGHT SUMMER FUN

Wednesday, June 19
4-7pm at East, South & Wasilla
5-8pm at Eagle River
FREE for members and guests! TheAlaskaClub.com/Kids

APP CHALLENGE | STARTS JUNE 1 | ENDS JULY 31

NOW-AUG	ENROLL NOW • SUMMER FUN CAMP @ EAGLE RIVER, EAST, SOUTH & WASILLA
TUESDAY 4	ZUMBA IN TOWN SQUARE • EVERY TUESDAY
WEDNESDAY 5	YOGA IN THE PARK @ DELANEY PARK STRIP • EVERY WEDNESDAY
SUNDAY 16	HAPPY FATHER'S DAY
WEDNESDAY 19	FAMILY FUN NIGHT
FRIDAY 28	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