

YOGA IN THE PARK

FREE & OPEN TO THE PUBLIC
TWIN LAKES

MONDAYS @ 6-7PM

6/3/19 – 7/1/19



Member Newsletter

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- June Events
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- New Group Fitness Schedules

HAPPY FATHER'S DAY

JUNEAU 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 Monday starting June 3 at Twin Lakes. To learn more, visit TheAlaskaClub.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

Twin Lakes
Wednesdays, June 3 - July 1, 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



FAMILY FUN NIGHT SUMMER FUN

Wednesday, June 19
4-7pm at Juneau Valley

TheAlaskaClub.com/Kids



Juneau Guided Tours is the only walking tour company offering historical tours through Downtown Juneau. Experience the city's beginnings, its colorful history, and current era filled with the energy of today.

Savor slow travel! Walking the streets, you'll experience places *off the beaten path* where "four-wheeled" travelers will never know existed, and if you're lucky, spot *wildlife* that would have otherwise been missed.

CAPITAL SIGHTS	GHOSTS + GOLD	PRIVATE TOURS
2.5 HRS	3.5 HRS	3 HRS
\$45	\$65	\$99
per person	per person	per person



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

DON'T MISS MONDAYS!

Alaskan summers are awesome, so get out and play - camp, fish, run, hike, and bike. However - keep your fitness dedication and thus results in the forefront. Start your work week out strong with a great exercise on Monday.



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 of the work. Come visit us at the Valley Club, or call (907)-789-2181 to book your party today!



THE WAY *fitness* SHOULD BE

APP CHALLENGE | STARTS JUNE 1 | ENDS JULY 31

MONDAY 3 YOGA IN THE PARK @ TWIN LAKES • EVERY MONDAY

SUNDAY 16 HAPPY FATHER'S DAY

WEDNESDAY 19 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