

WE HAVE EVERYTHING FOR EVERY PART OF YOU.

Member Newsletter

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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

SEPTEMBER HOLIDAY SCHEDULE

Monday, September 2: Labor Day

- South, Summit, Eagle River, Wasilla & Palmer clubs open 10am - 6pm
- East, Club for Women, and Downtown clubs are closed
- West and Jewel Lake remain open (24 hours)
- Studio: Special Labor Day Hot Flow @ 9:30am · Closed for remainder of day

The Fall/Winter Group Fitness schedule begins Tuesday, September 3

Check TheAlaskaClub.com for Winter Club & Kids Play Center hours.

HAPPY SEASONS!

SOUTHCENTRAL AUGUST 2019

AS Alaskans continue to enjoy long summer days in the fun outdoors, it's time to start thinking about going back-to-school, along with other familiar routines. Which means, it's a great time to start something new! Consider joining a group fitness class like Group Power, or get your kids enrolled in swim lessons. The new fall group fitness class and pool schedules start on September 3rd, along with our new fall club and Play Center hours - check your location for changes! Don't forget about Family Fun Night, every 3rd Wednesday of the month, and bring a friend or two as guests are free! For information on what's happening at The Alaska Club, go to TheAlaskaClub.com.

PROUD SPONSORS ■■■ EVENTS

PARTNERS REAL ESTATE BACKYARD BBQ BASH

Partners Real Estate Eagle River

Saturday, August 10, 12-8pm

Come enjoy a great weekend day filled with music, food, and fun. We will have dozens of vendors, Garcia's Cafe & Cantina beer garden, Lion's Club cooking FREE food, live music and a ton of activities for all ages! We can't wait to see you there!



RUN FEST: HEALTH & FITNESS EXPO

Dena'ina Convention Center

Friday, August 16, 3-7pm | Saturday, August 17, 9am-4pm

The Anchorage Runfest is the Anchorage Running Club's premier event! The money raised from this event supports the Club's mission to promote healthy lifestyles through exercise and running in the Anchorage community. Proceeds from this event are used to fund scholarships for Anchorage high school senior runners. Visit our booth for fun games & prizes for the entire family!



THE ALASKA STATE FAIR

Palmer Fair Grounds

Thursday, August 22 — Monday, September 2

Visit our booth and enter to win a 55" HD Roku TV and a Birthday Party at Fly Trampoline Park Wasilla. Games and prizes for kids and family! **Join our Zumba troop every Thursday, 8/22 & 8/29 on stage at Colony Theater 3-5:30PM.**



UAA CAMPUS KICKOFF

UAA Cuddy Quad - West Campus

Saturday, August 24

Kickoff Festival/Involvement Fair, 5-7:30pm

Kickoff Dance & BBQ, 9-11pm

UAA Campus Kick-Off welcomes new and returning UAA students to celebrate the beginning of another academic year. Campus Kick-Off is an excellent opportunity for students to connect with the UAA campus community.



THEALASKACLUB.COM

SUMMER FUN CAMP

ENDS AUG. 16 @ SOUTH, EAST & EAGLE RIVER
ENDS AUG. 9 @ WASILLA



NONMEMBERS WELCOME

SINGLE DAY & WEEK OPTIONS!

AGES 5-12

THEALASKACLUB.COM/CAMPS

(907) 365-7393



STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Registration opens August 10 for September 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.



FLY
TRAMPOLINE PARK
MEMBERSHIP



**GET
AIR**
Trampoline Park

JUMP



MEMBERSHIP HAS BENEFITS

The Alaska Club has partnered with Get Air and Fly Trampoline Parks to offer our members an exclusive benefit!

JUMP EVERY DAY FOR UP TO 2 HOURS for \$39 **PER MONTH** for the 1st family member and \$20 **PER MONTH** for each additional family member.



STUDIO

AUGUST

AUGUST POP-UP CLASSES

FREE to members! No registration required, just pop in!

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

TRANSFORM LIVE

East Group Fitness Studio

Monday, August 19, 12:30-1pm

Be among the first nationwide to experience the newest Beach Body format, Transform Live! This 30-minute music-driven workout uses the step to ramp up the calorie burn, but this isn't old-school step; it's functional fitness that's really fun!

Instructor: Steve

STRONG 30

East Group Fitness Studio

Sunday, August 25, 2-2:30pm

Have a spare 30 minutes? Kick it up a notch in Strong 30 by Zumba, a music driven HIIT-style workout using only your body weight.

Instructor: Brenda

POUND & PIYO

East Group Fitness Studio

Wednesday, August 28, 5:30-6:30pm

Join us for a heart-pumping Pound workout followed by the fun flow of PiYo.

Instructor: Kim



JROSENSTEIN

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.

POST A POSE: INSTAGRAM YOGA CHALLENGE

#StudioAKWildYoga

Take a picture doing one of your favorite yoga poses outside in the great Alaska summer. Use the hashtag #StudioAKWildYoga to win fabulous prizes!

YOGA IN THE PARK

Delaney Park Strip

OUR LAST YOGA IN THE PARK OF THE SEASON

Wednesday, August 7 @ 6-7pm

Come om' with us for the last time this season!

Find your center, your peace, and yourself. Bring a mat and a friend - this event is free and open to the public.

POP UPS

Studio · Tuesdays, 7-8pm

Buti Yoga August 13: Join us for a dynamic Asana practice fused with cardio-intensive bursts of tribal dance, primal movement and deep core conditioning woven into an amazing playlist.

Hot Barre August 20: This challenging workout of high-rep, small range of motion exercises designed for focused muscle training will get your muscles to quiver. Workouts include light weights, bodyweight and ball.

Metta Meditation August 27: Gentle asana to prepare us for seated meditation. This meditation uses words, images, and feelings to evoke a loving kindness and friendliness toward oneself and others. With each recitation of the phrases, we are expressing an intention, planting the seeds of loving wishes over and over in our heart.

BACK TO SCHOOL CELEBRATION - YIN YAY YASA

Studio · Tuesday, August 20, 9:30am

EVENT IS FREE!

After you get the kids off on their first day of school, join us to reflect on your summer fun and prepare for your fall routine. We will hold poses for strength, flow with poses for movement and take a few extra moments for Yay and relaxation.

STABILITY & MOBILITY EXERCISES

FOR SPINAL HEALTH

Studio · Thursday, August 29, 5-6:30pm

\$20 Workshop Fee

This is a participation class that will integrate mat exercise, elastic bands and balls for variety and practicality. Instructor Alec Kay, PT, ATC will share the most efficient approach to pain and dysfunction in the neck, mid back, and lumbar spine.

YOGA RUNNERS EVENT:

Studio · Thursday August 15, 5-6:30pm

\$15

Yoga practice designed to relieve the physical stresses from your training and sharpen your mental focus to get you race ready.

MEET & GREET YOGA TEACHER TRAINING

Studio · Saturday, August 24, 9:30am &

Studio · Tuesday, August 27, 11am

Meet our instructors and learn more about this life changing experience that will deepen your personal practice and allow you to shine brightly on and off your mat.

NEW FITNESS PROGRAMMING

ZUMBA IN TOWN SQUARE

Downtown Anchorage Town Square

BROUGHT TO YOU BY THE ALASKA CLUB:

TWO CLASSES LEFT, 12-1pm, August 6 & 13

Let's have some Zumba fun in the Alaskan Sun. This Zumba party is appropriate for all fitness and experience levels!



ATTENTION MEMBERS

New Group Fitness and Pool schedules

Start September 3rd.

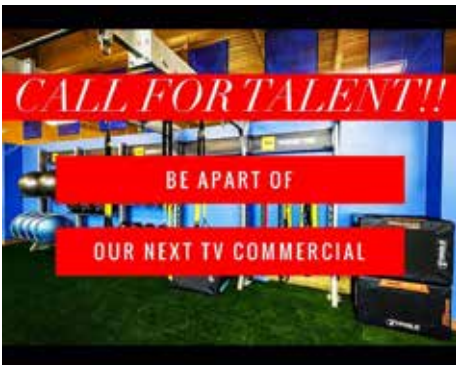
There will be more classes added!

Remember that you can check schedules online at thealaskaclub.com/schedules, or download The Alaska Club App in the Google Play or iTunes Store.

CALL FOR TALENT

You were born to be a star!

The Alaska Club is looking for local Anchorage and Eagle River talent to be a part of our next TV commercial. We will be filming in mid to late August. We're looking for adults of all ages and kids. **If you are interested please contact Tina Day at Tday@thealaskaclub.com**



FITNESS CHALLENGE



AUGUST 1 - AUGUST 31

It's our last month of summer — make your time count!

Log a minimum of 5 exercise hours per week; club workouts and outdoor activities count. Connect your fitness tracker to the app or manually enter your exercise minutes.

All successful challenge participants will be entered to win four 15 minutes sessions of hydro massage.

25% OFF
FOR GOOD LIFE MEMBERS

CIRCADIA

NOW AVAILABLE AT THE ALASKA CLUB

Available at Summit, East, Eagle River and now in Wasilla.

CIRCADIA - ADVANCED PROFESSIONAL SKIN CARE

THE ALASKA CLUB

THEALASKACLUB.COM

ALASKA FITNESS EQUIPMENT

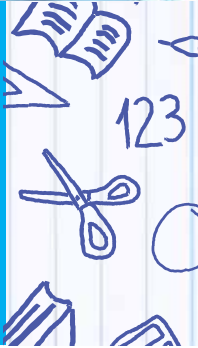
Alaska Fitness Equipment

25%
MILITARY DISCOUNT
ON ALL NEW EQUIPMENT IN STOCK

NOW THROUGH AUGUST 18, USE CODE **MIL25**
AT ALASKAFITNESSEQUIPMENT.COM

FAMILY FUN NIGHT
BACK TO SCHOOL CARNIVAL

Wednesday, August 21 · 4-7pm at East, South & Wasilla | 5-8pm at Eagle River
FREE for members and guests! www.TheAlaskaClub.com/Kids
Family Fun Night provides an opportunity for you to share your club with friends and family every 3rd Wednesday of the month! There are games, and activities for kids, while the adults workout, take a group fitness class or relax in the sauna or steam room.



WASILLA!
HYDRAFACIAL'S
NOW AVAILABLE

HYDRAFACIAL'S®

NOW AVAILABLE IN

WASILLA
WITH JAMIE

WEDNESDAYS
NOON-5:00PM

HydraFacial MD
By Lites, My Time, My Skin™

THE ALASKA CLUB

S	M	T	W	T	F	S
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	31

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

WEDNESDAY	7	THIS SEASON'S LAST YOGA IN THE PARK @ DELANEY PARK STRIP
TUESDAYS		ZUMBA IN TOWN SQUARE · EVERY TUESDAY UNTIL AUGUST 13
WEDNESDAY	21	FAMILY FUN NIGHT
FRIDAY	30	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