

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 club is closed
- West remains open (24 hours)

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

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

HAPPY SEASONS!

FAIRBANKS 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

YOGA IN THE PARK

Griffin Park

Tuesday, August 6, 6-7pm

Come Om with us one last time for this season!

Free and open to the public.

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



SUMMER FUN CAMP

ENDS AUGUST 16

AGES 5-12

THEALASKACLUB.COM/CAMPS

(907) 365-7393



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.



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



THE ALASKA CLUB

BIRTHDAY PARTIES

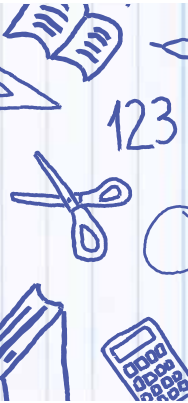
Book your birthday party at The Alaska Club, it's the perfect place for any celebration. It's easy, affordable and we do most of the work. Come visit us at the South Club, or call (907)-365-7393 to book your party today!



FAMILY FUN NIGHT BACK TO SCHOOL CARNIVAL

Wednesday, August 21, 5-8pm at Fairbanks South
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 just relax in the sauna or steam room.



WATERMELON POPSICLES

- 19 oz cubed seedless watermelon (about 3 1/2 cups)
- 5 1/2 Tbsp granulated sugar , divided
- 1 Tbsp fresh lemon juice
- 1/2 cup canned coconut milk , well shaken
- 13 oz kiwi (about 6 medium)
- 1 Tbsp mini chocolate chips



1. Add watermelon, 2 Tbsp granulated sugar and lemon juice to a blender and blend until well pureed. Skim off foam then carefully pour into 10 popsicles molds filling each about 2/3 full (try not to splash on sides, I found it worked best to let it run down the outside edge then just wipe off that part later with a damp paper towel or q-tip). Sprinkle the chocolate chips over tops then using a popsicles stick gently push down to immerse chips (push towards sides so you can see them once the freeze). Wipe sides clean as needed. Cover with the lid and insert popsicles sticks. Freeze 3 1/2 hours. During last 30 minutes of popsicles freezing, whisk together coconut milk with 1 1/2 Tbsp sugar until sugar has dissolved, chill 30 minutes (you want it to be a nice pourable consistency after chilling, not too thick. If you find that it is stir in 1 - 2 Tbsp cold water to thin. I recommend chilling it because you just don't want it warm or it will melt the watermelon layer when pouring in).

2. Remove popsicles from freezer, remove lid and carefully pour a scant tablespoon coconut milk into an even layer over watermelon layer (again, it works best to pour it down the outside edge then wipe clean). Clean sides as necessary. Return to freezer, uncovered, and chill 45 minutes. Meanwhile, cut tops from kiwi and use a spoon to scoop flesh from kiwi while leaving skins. Transfer kiwi to blender along with 2 Tbsp granulated sugar. Pulse until well pureed. Force mixture through a fine mesh strainer into a bowl using a rubber spatula to remove seeds (at this point I mixed in just a tiny bit of blue gel coloring because mine weren't the best shade of green, so that's optional). Chill kiwi mixture 30 minutes.

3. Remove popsicles from freezer and carefully pour about 1 Tbsp kiwi mixture over coconut layer. Return to freezer and chill until popsicles are solid about 2 - 3 hours.

4. To remove popsicles from molds, turn tray to the side and run plastic molds under warm water several seconds (don't let the water touch the kiwi portion at the top) then slowly pull from molds.

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

TUESDAY 6 THIS SEASON'S LAST YOGA IN THE PARK @ GRIFFIN PARK
WEDNESDAY 21 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 / JEWELL 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