

WE HAVE EVERYTHING FOR EVERY PART OF YOU.



Member Newsletter

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HAPPY SEASONS!

JUNEAU 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.

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

- Juneau Valley 10am - 6pm
- West closed

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

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



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.

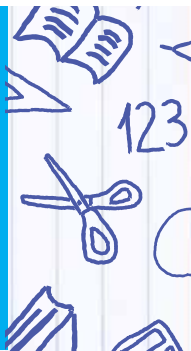
CAPITAL SIGHTS	GHOSTS + GOLD	PRIVATE TOURS
2.5 HRS \$45 per person	3.5 HRS \$65 per person	3 HRS \$99 per person

FAMILY FUN NIGHT BACK TO SCHOOL CARNIVAL

Wednesday, August 21 · 4-7pm at Juneau Valley

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.



FITNESS CHALLENGE



AUGUST 1 - AUGUST 31

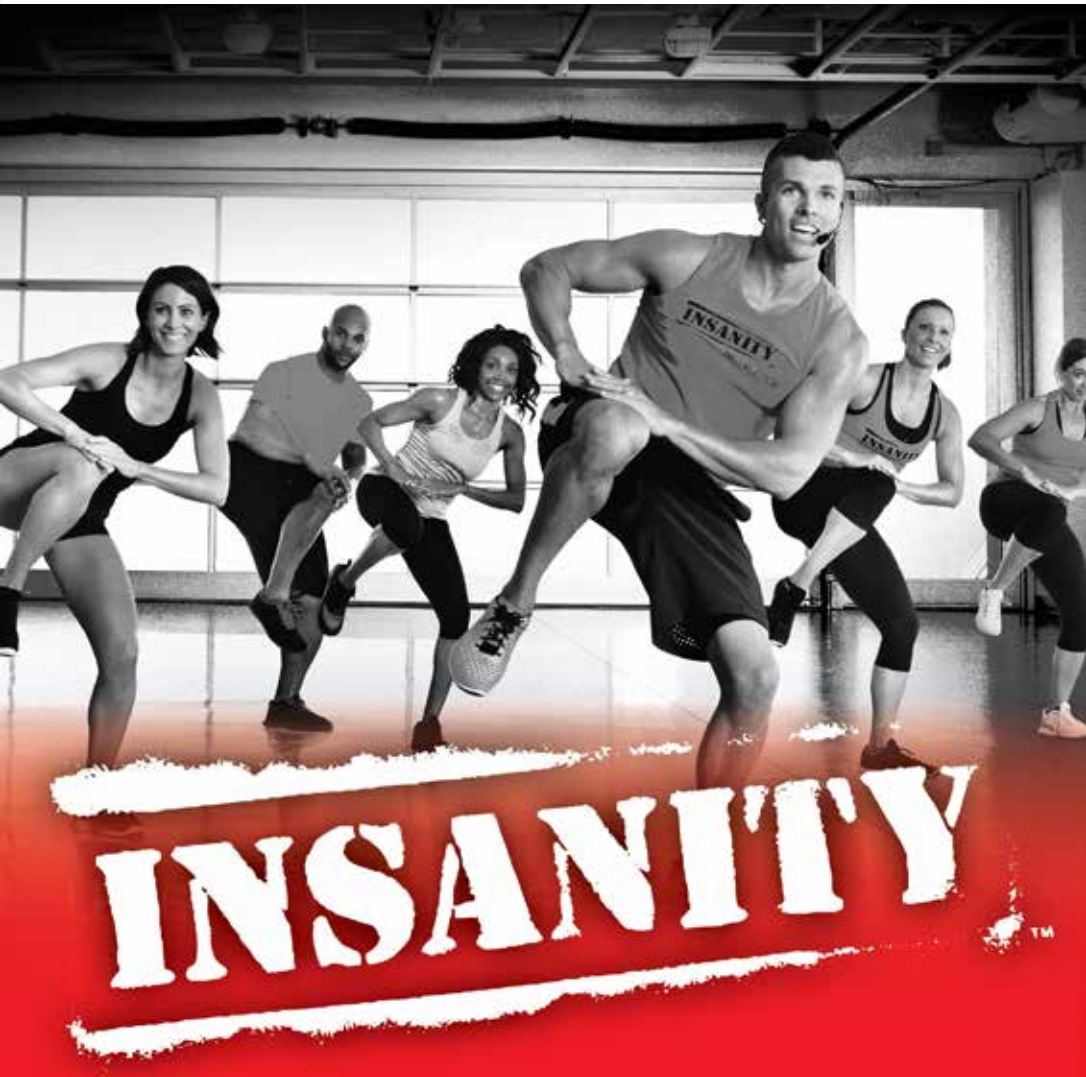
It's our last month of summer — make your time count!

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.



INSANITY POP-UP CLASS



INSANITY POP-UP CLASS WITH INSTRUCTOR STEVE

MONDAY'S IN AUGUST @ JUNEAU DOWNTOWN, 6:00AM

FRIDAY'S IN AUGUST @ JUNEAU VALLEY, 5:30-AM

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

MONDAY'S & FRIDAY'S INSANITY POP-UP CLASS FOR THE MONTH OF AUGUST

WEDNESDAY 21 FAMILY FUN NIGHT

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



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