

BREAST CANCER AWARENESS MONTH



KIKKAN RANDALL

SPEAKS OUT ON BREAST CANCER AWARENESS. SEE FULL STORY ON P.4



Member Newsletter

IN THIS ISSUE

Breast Cancer Awareness Month
Rocktober App challenge
Youth Activities · In-Service Day Camps
Family Fun Night
Parents' Night Off
Pop-up Classes
Kikkan Randall Joins Board

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

24 HOUR ACCESS COMING TO EAGLE RIVER & WASILLA

HAPPY HALLOWEEN

SOUTHCENTRAL OCTOBER 2019

October is Breast Cancer Awareness Month and we're excited to host a number of activities that get us closer to a cure. Join the "Rocktober" app challenge, the Breast Cancer Awareness and Spa Party, or the "We Unite for The Fight" breast cancer fundraiser. Experience a new workout with a friend like one of our many Team Training, yoga or Group Power classes — it's more fun together! Be sure to check out our In-Service Day Camps too. Learn about all of these activities and programs at TheAlaskaClub.com.

PROUD SPONSORS

EVENTS

FALL WEDDING SHOW

Alaska Airlines Center
Sunday, October 6, 12-5pm
An exciting afternoon showcasing products and services for your bridal party. The event will include fashion shows, entertainment, door prizes, hors d'oeuvres and free admission.

ASAA/FIRST NATIONAL BANK TENNIS STATE CHAMPIONSHIPS

The Alaska Club East
Friday, October 11 - Saturday, October 12
Visit - <http://asaa.org/activities/tennis/>

BREAST CANCER SCREENING PARTY

The Alaska Club South
Saturday, October 19, 10am-2pm
Register today for your Mammography screening.
To register, call 212-6266 or online at TheAlaskaClub.com/Mobile-Mammography

WE UNITE FOR THE FIGHT · BREAST CANCER FUNDRAISER

The Alaska Club South Gym
Friday, October 25, 5:30-7pm
Join us at The Alaska Club South's gym for a fun mega-mash-up of Zumba, Pound and U-Jam. Raise funds for breast cancer awareness while you get your cardio on!

SKINNY RAVEN FRIGHTENING 4K

Starts @ 4th Avenue side of Hotel Captain Cook
Saturday, October 26, 10am-1pm
There will be a team and individual costume contest with great prizes after the run, and then hit businesses downtown with the kids for Trick or Treat Street starting at 12pm. This year the race will be limited to 1100 participants so make sure to sign up early!
Visit - SkinnyRaven.com/event/frightening-4k/

THE MAN SHOW

Sullivan Arena
Friday, October 25, 6-10pm & Sunday, October 27, 1-10pm
Alaska's largest craft beer tasting & big boy toy show! 200+ local & national beers - live music & toys toys toys on display!
Visit - <http://SteelHead.Productions/manshow/>

2019 Fall Wedding Show



MOBILE DIGITAL MAMMOGRAPHY



SKINNY RAVEN FRIGHTENING 4K



THEALASKACLUB.COM



IN-SERVICE DAY CAMPS

OCTOBER 18 & 25, DECEMBER 20, FEBRUARY 14, MARCH 6
@ SOUTH, EAST, EAGLE RIVER

OCT 31, NOV 1, DEC 20, FEB 17 & 18, MAR 6 & 16
@ WASILLA

Call the Reservation Specialists **907-365-7393** to register,
or go online at thealaskaclub.com/camps to enroll.



THE ALASKA CLUB

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Registration opens October 10 for November lessons

Starfish Academy offers lessons for swimmers of every age and level. New classes start every month. Members and nonmembers welcome. Group, semi-private, and private lessons are available.

Register at TheAlaskaClub.com/StarfishAcademy
call 365-7393, or stop by any Member Support Desk.



BIRTHDAY PARTIES: TIME FOR FUN!

Whether it's a birthday party or just a fun night out for the kids, The Alaska Club is the perfect place for any celebration. We offer an active and entertaining environment to make the day unforgettable! It's easy, affordable and we do most of the work. Our staff will assist you with everything from set up to clean up.

Visit TheAlaskaClub.com/parties for more information,
or call 365-7393 to book your party today!



PARENTS' NIGHT OFF

The Alaska Club South, Eagle River & Wasilla

October 25 • 6-9pm | AGES 4-12 (must be potty trained to attend)

Bring your child for a night of bounce house bouncing and swimming at The Alaska Club while you have a date night! A dinner of pizza and a vegetable will be provided along with a snack after swim time! Please bring your swimsuit and be prepared for a quick swim test to assess swimming levels before we have a blast at open swim. Life jackets are available for non-swimmers.

Early bird registration is encouraged, \$25 for the first child and \$20 for siblings.



FAMILY FUN NIGHT • FIT FOR TREATS

October 16, 4-7pm @ The Alaska Club East, South & Wasilla

October 16, 5-8pm @ The Alaska Club Eagle River

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.

FREE for members and guests! www.TheAlaskaClub.com/Kids

TURNAGIN TRIATHLON FOR KIDS

January 17 & 19, 2020 @ Eagle River | February 23, 2020 @ West

March 20 & 22, 2020 @ East | April 17 & 19, 2020 @ South

Registration opens December 1, 2019

Tri will include a Splash n Dash for kids on Friday with the adult races on Sunday. The Splash n Dash is a 5 minute swim and 10 minute run. The Triathlons are 10 minute swim, 30 minute bike and 20 minute run.

For more info, contact Kelly Driver @ Kdriver@TheAlaskaClub.com



GET MUSCLE STRONG AND MOVEMENT STRONG



OCTOBER POP-UP CLASSES

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

TheAlaskaClub.com/PopUp-Classes

for Pop-up dates, times, and locations.

WORLD OF DANCE:

U-JAM HOUSE PARTIES

South Studio 2 • Friday, Oct. 4, 6-7pm

(After Party in the Summit lounge)

East G.F Studio, Saturday, Oct. 5, 9-10am

U-JAM Fitness® is coming to The Alaska Club! This is an addictive cardio workout that fuses the hottest world beats with unique choreography.

All fitness and experience levels welcome.

Master Trainer: Tamara

ROCKTOBER RIDE

Eagle River Cycle Studio, Friday, Oct. 18, 6-7pm

It's rock and roll time! Cycle "DJs" Nichole and Chris will be "spinning" all your favorite rock jams in this super fun cycle workout.

Instructors: Nichole and Chris

ROCKTOBER POUND

Eagle River Group Fitness Studio

Saturday, Oct. 19, 1-1:45pm

Join us for a heart-POUNDing rock and roll workout party! 45 minutes of sweat-dripping fun drumming to all your favorite rock tunes. Prize for the best rock star costume.

Instructor: Kim

HIIT CIRCUIT

Eagle River Group Fitness Studio






Wednesday, Oct. 23, 11am-12pm

Get a total body workout through a variety of HIIT stations for maximum results.

Instructor: Jessica

NEW MUSIC! NEW MOVES! NEW WORKOUTS LAUNCH

Launching new workouts in all of the Mossa Group Fitness formats! Free for members, and no registration required!

	POWER	OCT. 14
	CENTERGY	OCT. 14
	CORE	OCT. 21
	R30	OCT. 21
	BLAST	OCT. 21
	ACTIVE	OCT. 21

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.

FALL YOGA CHALLENGE

Baby it's cold outside. We'll warm it up! Sign up for the challenge at Studio. Log 20 or more classes via the challenge tracker (the poster in Studio lounge). Make sure that you go to at least 3 different types of yoga classes. All who rise to this challenge will be rewarded with renewed sense of calm, stronger muscles, and receive an invite for you and one guest to a VIP class!

FIRST FRIDAY: HOT BARRE

Studio

Friday, Oct. 4, 6-7:15pm

\$10 Class Fee

Sweat with us in this total body workout that will have your muscles quivering with results. Teacher: Brittany

PRETEEN & PARENT YOGA SERIES

Studio

Sundays in October (6, 13, 20, 27), 12:30-1:30pm

Series Fee: \$50 for youth and parent combo

Yoga series for our up and coming yogis. Allow your preteen to experience the strength, mental focus, and calming benefits of yoga. 4 sessions. Teacher: Danielle

OCTOBER POP UP: KICK UP YOUR HEELS

Studio

Friday, Oct. 18, 6-7pm

\$18 drop in (or class pack use)

Learn why we practice inversions, and how to safely perform them. Explore basic to advanced poses that will turn your world upside down! Instructor: Miranda

YOGA FOR ATHLETES WORKSHOP

Studio

Sunday, Oct. 27, 4:30-6:30pm

Learn how yoga can maximize your training and fine tune your results. Instructor: Carly

YOGA & BEER @ WILLIWAW

Williwaw Social, 607 F Street

Wednesdays starting Nov. 13 @ 5:30-8pm

(class time is 6-7pm)

Meet us at Williwaw (6th & F Street), for a truly unique and fun yoga experience. Yoga is free; bring a mat and a friend!



NEW FITNESS PROGRAMMING

YOUTH HANDBALL CLINIC

The Alaska Club South

Saturdays, October 5 - December 21

12 clinics & 2 tournaments:

Season: \$60 Members | \$75 Nonmembers

P/Class: \$5 Members | \$6 Nonmembers

Register online or call Chris @ 360-5891.

ZUMBA POUND + U-JAM: BREAST CANCER FUNDRAISER

South Gym • Friday, October 25, 5:30-7pm

Members: Donation welcomed

Nonmembers: \$10 donation

We Unite for the Fight against breast cancer in this amazingly fun mega-mash up of ZUMBA, POUND, and U-JAM. All we need is YOU! Together we can make a difference. All proceeds benefit the Susan B Komen Foundation.

MORE MORE MORE!!

Starting October, we're bringing more of what you asked for to the Group Fitness schedule:

Eagle River: Wed., 8:30am Yoga, Wed., 6:15pm

Rhythm Ride, Fri., 6pm Aqua Bootcamp, Sun., 1pm Zumba.

South: Mon/Wed. 6pm Rhythm Ride, Fri. 8:15am

Pilates, Fri., 9:15am Rhythm Ride, Sat., 8am Rhythm Ride.

West: Tue./Thu., 5:30pm Rhythm Ride

RACE TO FIND A CURE FOR ALS

January 31, 2020 – February 2, 2020

Join The Alaska Club in our race to find a cure for ALS. Become a part of our team at the Surf City Marathon/Half Marathon & 5k Huntington Beach.

For more information, contact Janet at jwarner@TheAlaskaClub.com

TEAM QUEST4ALS

AUGIE THE MOVIE

October 15, starting @ 10:30am

Augie; The Steve Jobs of the fitness industry and his journey from success to significance. Tickets available online and at The Bear Tooth boxoffice. BearToothTheatre.net



THEALASKACLUB.COM





OCTOBER APP CHALLENGE

ROCKTOBER: Rock out your workouts in October. Log in via your wearable or manual entries and complete 12 or more workouts between Oct 1 - 31. All successful participants will be entered to win a \$100 iTunes Gift Card.



GOOD LIFE SPA SPECIAL

Members & Nonmembers can enjoy a \$45 HydraFacial (\$150 value) during the month of October by scheduling a HydraFacial by October 31st. Call 365-7393 to book your appointment today. Ask your esthetician for details about this special. Available at East, Eagle River, The Summit & now at Wasilla!



S	M	T	W	T	F	S
29	30	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	1	2



OLYMPIAN KIKKAN RANDALL JOINS THE ALASKA CLUB’S BOARD

When I discovered a hard spot in my breast just three months after winning Olympic gold, it would have been so easy to dismiss it — I was young, healthy, fit, and I felt great. Yet, thanks to being exposed to so much breast cancer awareness in my community growing up, I knew I needed to get it checked out.

It was still a complete shock when the doctor told me it was breast cancer but thankfully we had caught it early. As I processed those initial emotions, it was amazing how fast my athlete frame of mind took over. I knew I would battle this cancer diagnosis with the same energy and determination I had put toward my Olympic goals.

While being healthy, fit and active didn't save me from getting cancer in the first place, my fitness has certainly helped through the toughest challenge I've ever faced. Staying active through my treatment has been essential for helping my body recover and has allowed me to stay positive and optimistic through some tough days!

As we focus on breast cancer awareness this month, let's get out and get active! Know your body, celebrate what it can do, and if you find something, get it checked!



Olympic gold medalist Kikkan Randall has recently joined The Alaska Club board of directors. Kikkan is a longtime member of The Alaska Club and her deep knowledge of Alaska and its people, along with her commitment to family, is a perfect fit with The Alaska Club's core values. Kikkan will bring her unique and extensive perspective on training, physical fitness and personal health to The Alaska Club's management team.



A PRACTICAL APPROACH TO NUTRITION: Brought to you by The Alaska Club's Physician Referred Exercise Program (P.R.E.P)

Don't over complicate it! Free Seminar to Members October 21st from 6-7pm @ the East Club. Come learn from Dr. Jared Kirkham from Anchorage Fracture and Orthopedic Clinic, how to make nutrition a part of your every day life. Seminar will be held in the Wellness Area upstairs.

(P.R.E.P) KNEE HEALTH SEMINAR:
Free Seminar to Members October 9th from 6-7pm @ The East Club. Come learn from Dr. Bill Wise from Wise Physical Therapy; simple tips that you can take to lesson the likelihood of knee injury. Seminar will be held in the Wellness Area upstairs.

APP CHALLENGE | STARTS OCTOBER 1 | ENDS OCTOBER 31

WEDNESDAY	9-30	YOGA & BEER @ WILLIWAW EVERY WEDNESDAY STARTING OCT. 9
FRIDAY	11-12	ASAA/FIRST NATIONAL BANK TENNIS STATE CHAMPIONSHIPS
WEDNESDAY	16	BREAST CANCER SCREENING & PARTY
WEDNESDAY	16	FAMILY FUN NIGHT
FRIDAY	25	WE UNITE FOR THE FIGHT • BREAST CANCER FUNDRAISER
FRIDAY	25	PARENT’S NIGHT OUT
THURSDAY	31	HAPPY HALLOWEEN

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