

BREAST CANCER AWARENESS MONTH



KIKKAN RANDALL

JOINS THE ALASKA CLUB BOARD. READ THE FULL STORY ON BACK PAGE.



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

HAPPY HALLOWEEN

FAIRBANKS OCTOBER 2019

October is Breast Cancer Awareness Month and we're excited to host activities that get us closer to a cure. Join the "Rocktober" app challenge, or wear pink to your favorite yoga or Group Power class. Experience a new workout with a friend like one of our many Team Training, Insanity or Group Core classes – it's more fun together! Be sure to checkout Parents Night Off on October 25th, it a fun for the kids and a night out for the parents! Learn about all of these activities and programs at TheAlaskaClub.com.

PROUD SPONSORS

EVENTS

GO WINTER EXPO

Carlson Center

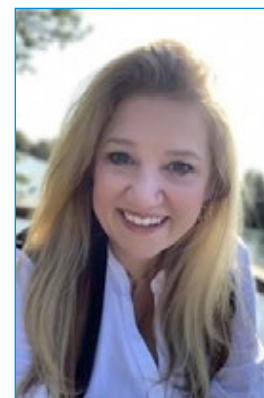
Saturday, October 26-27, 9am-6pm

"Go Winter Expo" is a 2 day event being held from October 6th-7th at the Carlson Center in Fairbanks. This event showcases product from Business Services, Education & Training, Logistics & Transportation, Medical & Pharmaceutical, Real Estate, Research & Development, and Scientific Instruments Industries. For more information, visit 10times.com/go-winter-expo



NEW GENERAL MANAGER!

Meet Helen, The Alaska Club's General Manager in Fairbanks. Helen comes to us with an extensive background in facility operations, safety management and customer service. For the last twenty-three years, she's been involved in the local Fairbanks community in a variety of roles, including PTA President at Two Rivers Elementary and as a local Girl Scout Leader. Helen has lived in Fairbanks since 1996. We're excited to have her on our team!



Helen Wells, The Alaska Club Fairbanks
General Manager

NEW MUSIC, NEW MOVES

NEW MOSSA LAUNCH DATES

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

 GROUP POWER	OCT. 14	 GROUP CORE	OCT. 21
 CENTERGY	OCT. 14	 GROUP BLAST	OCT. 21



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.

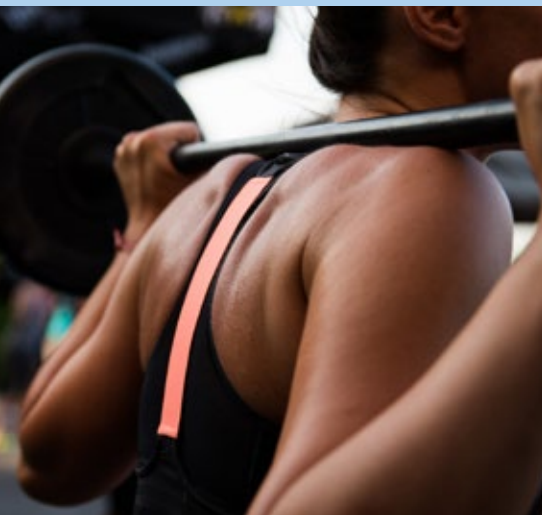


MEMBERSHIP PLUS

Sign up today for 2 Months Free of Membership Plus. Membership Plus benefits include: free child care, free unlimited UV tanning, discounted massages, unlimited Hydromassage, free DVD & blu-ray rentals and more! Contact the Amenities Manager at Amenities@TheAlaskaClub.com to add to your account today. No commitment required. **Note:** Members that currently have Membership Plus, or have had it in the past 6 months are not eligible for this promotion.



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!

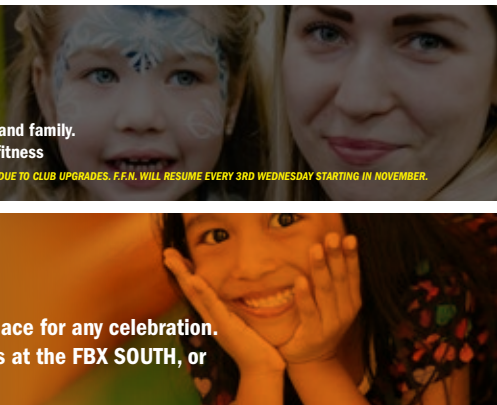
As we focus on breast cancer awareness this month, let's get out and get active! Know your body, celebrate what it can do, and if you find something, get it checked!



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.

FAMILY FUN NIGHT FIT FOR TREATS

Wednesday, October 30 • 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. There are games, and activities for kids, while the adults workout, take a group fitness class or relax in the sauna or steam room. *FAMILY FUN NIGHT HAS BEEN RESCHEDULED THIS MONTH DUE TO CLUB UPGRADES. F.F.N. WILL RESUME EVERY 3RD WEDNESDAY STARTING IN NOVEMBER.



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 FBX SOUTH, or call (907)-458-1792 to book your party today!

NEWS FROM THE POOL DECK:

STARFISH ACADEMY SWIM LESSONS - Missed Registration? Contact the Aquatics Director at 458-1765 to check on availability. Already registered? Check class times at the South Member Support Desk or call 452-6801.

APP CHALLENGE | STARTS OCTOBER 1 | ENDS OCTOBER 31

MONDAY	14	NEW MOSSA LAUNCH: GROUP POWER & GROUP CENTERGY
MONDAY	21	NEW MOSSA LAUNCH: GROUP CORE & BLAST
FRIDAY	25	PARENT'S NIGHT OUT
WEDNESDAY	30	FAMILY FUN NIGHT
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