

# 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

**O**ctober 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, group cycle or Zumba classes — it's more fun together! Learn about all of these activities and programs at [TheAlaskaClub.com](http://TheAlaskaClub.com).

### JUNEAU OCTOBER 2019

### PROUD SPONSORS

### EVENTS

#### 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!

|  |                 |
|--|-----------------|
|  | OCT. 4, 12PM    |
|  | OCT. 4, 12:30PM |
|  | OCT. 10, 5PM    |
|  | OCT. 11, 10AM   |

DOWNTOWN

|  |                  |
|--|------------------|
|  | OCT. 12, 9AM     |
|  | OCT. 12, 10:10AM |
|  | OCT. 12, 11:15AM |
|  | OCT. 18, 5:30AM  |

VALLEY

#### OCTOBER CANCER CONNECTION FUNDRAISING

All Group Fitness classes for nonmembers \$10.00 for the month of October all proceeds to Cancer Connection.

#### BABY & ME WITH JANICE

**Oct. 2-12**

Members: Free | Nonmembers \$10

#### ZUMBA CANCER CONNECTION FUND RAISING

**Oct. 6, 1-2:30pm**

90 minute Zumba class. T-shirts for sale for \$20!

All proceeds go to Cancer Connection!

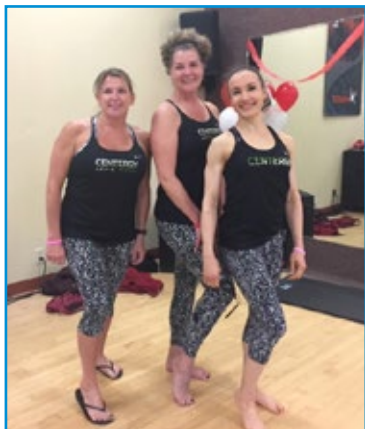
#### TRAINING WHEELS WITH DARLA

**Oct. 12-Dec. 18**

Members: Free | Nonmembers \$10

#### CELEBRATING 10 YEARS OF CENTERGY

**Attend as many classes as you can** in October for prizes at the end of the month! Extra points awarded during the launch on October 12, with instructors Marjorie, Vandī, Stephanie and Becky!





## 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!

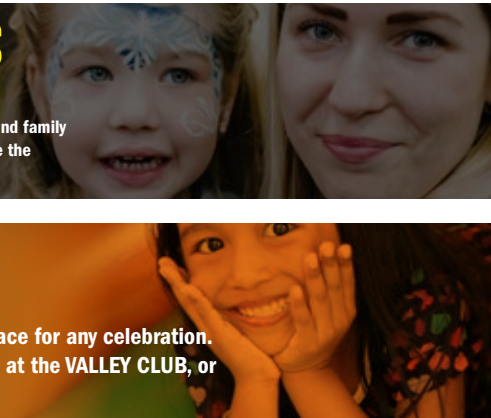
As we focus on breast cancer awareness this month, let’s get out and get active! Know your body, celebrate what it can do, and if you find something, get it checked!



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 16 · 4-7pm at Juneau Valley  
FREE for members and guests! [www.TheAlaskaClub.com/Kids](http://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.



## 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 VALLEY CLUB, or call (907)-789-2181 to book your party today!

APP CHALLENGE | STARTS OCTOBER 1 | ENDS OCTOBER 31

|           |    |                                     |
|-----------|----|-------------------------------------|
| TUESDAY   |    | NEW MOSSA LAUNCH THIS MONTH!        |
| SUNDAY    | 6  | ZUMBA CANCER CONNECTION FUND RAISER |
| WEDNESDAY | 16 | FAMILY FUN NIGHT                    |
| 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