



Member Newsletter

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NEWS TO USE

EARN MORE POINTS

BY REFERRING A FRIEND

GET THE ALASKA CLUB APP & EARN BIG POINTS!

Join the rewards programming this month and send your friend a 3-day pass. If they join, you'll receive 750 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

HOLIDAY SCHEDULE

Tuesday, Dec. 24: Christmas Eve

- Classes end @ 2:15pm
- All clubs close @ 6pm
- Wasilla, Eagle River & Jewel Lake remain open (24 hours)

Wednesday, Dec. 25: Christmas Day

- Most clubs closed - no classes
 - Wasilla, Eagle River & Jewel Lake remain open (24 hours)
 - Classes resume on 12/26 @ 9am
- (CHECK ONLINE OR APP FOR SCHEDULES)

Tuesday, Dec. 31: New Year's Eve

- Classes end at 2:15pm
- Most clubs close at 7pm
- Wasilla, Eagle River & Jewel Lake remain open (24 hours)

Wednesday, Jan. 1: New Year's Day

- (CHECK ONLINE OR APP FOR SCHEDULES)
- South, Summit, West, Eagle River, Wasilla & Palmer clubs open @ 10am - 6pm
- East, Club for Women and Downtown clubs are closed
- Wasilla, Eagle River & Jewel Lake remain open (24 hours)

NEW YEAR'S DAY SPECIAL CLASSES @ STUDIO

- Special Studio Hot Flow @ 11am
- Yin & Yoga Nidra @ 12:30pm

HAPPY HOLIDAYS

DECEMBER is a great time to start thinking about your New Year's resolution. Consider trying a new group fitness class with a friend, or maybe personal training is on your holiday list. Ask a fitness consultant about The Alaska Club's Team Training program, and check the monthly POP-UP class schedule. The most important thing to remember is to nurture yourself and your family. There are many new and fun activities to keep the kids excited about fitness while on break! Learn more about kids Winter Camps and Parents Night Off programs by visiting TheAlaskaClub.com. Make a difference in a child's life this season by donating a toy or gift to the annual Toy Drive. We wish all of our members a happy and healthy holiday season!

SOUTHCENTRAL DECEMBER 2019

PROUD SPONSORS ■■■ EVENTS

TOY DRIVE

West, Club for Women, East, South, Summit, and Studio
December 2-23

We've partnered with the Office of Children's Services for the annual Toy Drive. Please consider donating a new toy to help make a difference in a child's life.

27th Annual Merry Merchant Munch

Eagle River/Chugiak Area at participating businesses
Friday, December 6, 12-5pm | Saturday December 7, 10am-3pm

For more information, visit: Cer.org/merry-merchant-munch-winter-wonderland

CHRISTMAS VILLAGE

Dena'ina Convention Center
Saturday, December 14, 10am-6pm

This is a great show to bring the entire family to, with great gifts, games, Santa and more, it's a day filled with holiday fun!

For more information, visit: AnchorageMarkets.com/christmas-village-anchorage/

Solstice Tree Tour - Nordic Skiing Association of Anchorage

Kincaid Park

Sunday, December 15, 4-8pm

Local businesses sponsor trees along the 2.5k mile loop and decorate them to create a winter wonderland along one of the most well-loved trails at Kincaid Park.

Visit: AnchorageNordicSki.com

SKINNY RAVEN

NORTHERN LIGHTS RESOLUTION RUN

Atwood Center

Tuesday, December 31, 6pm

Music, lights and an awesome course with unique light and music experiences to ring in the New Year! For more information, visit:

SkinnyRaven.com/Event/Northern-Lights-Resolution-Run/

HOW DOES A BEACHSIDE RUN

IN EARLY FEBRUARY SOUND?

Be Part of the Fight and Join TeamQuest4ALS

and run with a purpose! Learn more at: www.thealaskaclub.com/als



THEALASKACLUB.COM

IN-SERVICE CAMPS

HOLIDAY CAMPS



EAGLE RIVER, EAST & SOUTH: DEC. 20, FEB. 14, MAR. 6 · 9AM-4PM
\$50/MEMBERS & \$60/NONMEMBERS
EXTENDED CARE: 7:30AM-5:30PM (\$62/MEMBERS & \$72/NONMEMBERS)
 Bring a swimsuit, your own lunch and 2 snacks
 Child must have attended school in the 2019/2020 year
 DCA ACCEPTED | CALL 365-7393 or visit TheAlaskaClub.com/Camps

DEC. 23, 24, 26, 27 | DEC. 30, 31, JAN. 2, 3 · 9AM-4PM
NO CAMP DEC. 25 & JAN. 1
\$50/MEMBERS & \$60/NONMEMBERS
EXTENDED CARE: 7:30AM-5:30PM (\$62/MEMBERS & \$72/NONMEMBERS)
 Bring a swimsuit, your own lunch and 2 snacks
 Child must have attended school in the 2019/2020 year
 DCA ACCEPTED | CALL 365-7393 or visit TheAlaskaClub.com/Camps

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla
Registration opens December 10 for January Sessions

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.

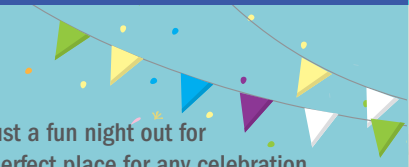
Register at TheAlaskaClub.com/StarfishAcademy
 call 365-7393, or stop by any Member Support Desk.



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!



HURRAY FOR THE HOLIDAYS!

FAMILY FUN NIGHT

DECEMBER 18
WASILLA, EAST, SOUTH: 4-7PM
EAGLE RIVER: 5-8PM

Games, Workouts, Crafts and more! Bring a friend:
FREE for members & guests!



DECEMBER

DECEMBER POP-UP CLASSES

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

TheAlaskaClub.com/PopUp-Classes

For Pop-up dates, times, and locations.

POUND @ WEST

West Group Fitness Studio

Sun., Dec. 1 & 22, 12-12:45pm

Channel your inner rock star in this 45-minute total body cardio/strength jam session using lightly weighted sticks, No drumming skills necessary. Instructor: Kim

POUND & POUR @ SOUTH/SUMMIT

South/Summit - Studio 2

Sat., Dec. 6, 6:30-8pm

Rock out for 45 minutes of drumming fun using lightly weighted sticks, then join us in The Summit lounge for wine (21+) and social time!

Instructor: Kim

WORLD OF DANCE U-JAM

South Studio 1, Tues., Dec. 10, 7:15-8:15pm

South Studio 1, Fri., Dec. 13, 6-7pm

West GF Studio, Sun., Dec. 15, 2-3pm

South Studio 2, Sun., Dec. 22, 12:15-1pm

East GF Studio, Sat., Dec. 28, 12:15-1pm

Lace up your kicks and join us for this addictive dance cardio workout that fuses the hottest world beats with unique choreography. We'll break down the moves, then put them all together for a crazy fun dance party. All fitness and experience levels welcome.

THE WINTER/SPRING GROUP FITNESS CLASS SCHEDULE BEGINS MONDAY, JANUARY 6, 2020



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.

FUN FIRST FRIDAY

PRANA VIDA - BREATH OF LIFE

Studio

Friday, Dec. 6, 6-7:15pm

This class seeks to make up for some of the neglect your quads may be feeling. Fun and varied sequences of poses will open up the quads and hip flexors! Instructor: Michael

YOGA & BEER @ WILLIWAW

Williwaw Social

Dec. 11 & 18

(class time is 6:30-7:30pm)

Meet us at Williwaw (6th & F Street), for a truly unique and fun yoga experience.

Yoga is free; bring a mat and a friend!

WINTER SOLSTICE:

YOGA CELEBRATION

Studio

Friday, Dec. 20, 6-8pm

\$10

Join us as we celebrate the Winter solstice with our Salutation practice. Multiple instructors will lead us through this invigorating yoga experience. During this busy hectic time let's take time for ourselves to reflect inward and find a renewed sense of peace.

YOGA TEACHER TRAINING

200 hour RYT Yoga Alliance Certified Program

Mid January - April 2020

Mid-day or weekend offering

More details @ StudioAkHotYoga.com

NEW YEARS DAY

HOT FLOW & YIN & YOGA NIDRA

Studio

Tuesday, January 1, HOT: 11AM | YIN: 12:30PM

Start the new year with a refreshing Hot Flow, and a beautifully balancing Yin & Yoga Nidra.

NEW FITNESS PROGRAMMING

KINESIS DEMO

West Club For Women

Mon.-Fri., 9am-7pm | Sat., 9am-1pm

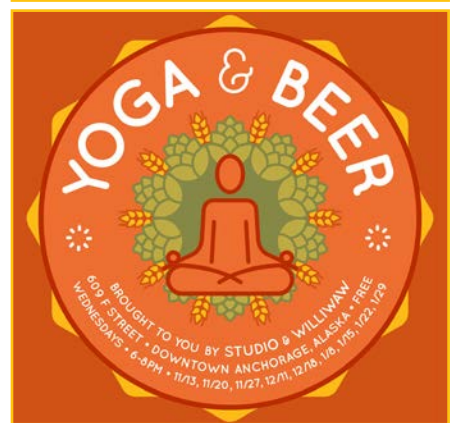
Kinesis now available at Club for Women. This state-of-the-art strength training equipment allows users to explore an infinite range of natural movements and exercises through its patented 360 degree rotating pulley system and FullGravity Technology. Learn how to use the equipment and enhance your fitness program. Instructors: Fitness Staff

3-ON-3 BASKETBALL TOURNAMENT

West Gym

Sat., Dec. 7, 10am-4pm

Classic 3-on-3 Men's adult tournament. Half court rules! Winners receive trophies & gift cards! Sign up at the front desk or online at TheAlaskaClub.com/3on3Basketball

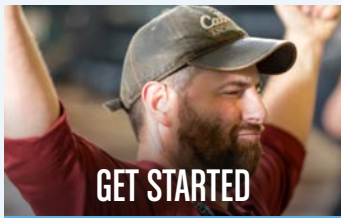




12 DAYS OF LIFTNESS · DECEMBER 1 - 31

Let's keep our muscles revving our metabolism. Manually log 12 or more strength training workouts in the app between Dec 1 and 31st. Upon completion you will receive 50 loyalty reward points and be entered to win a one hour PT session and one Team Training Session.

SHARE THE GIFT OF FITNESS
PURCHASE A 12 DAYS OF FITNESS PASS FOR JUST \$25!



SPECIAL IDEAS:
GIVE THE GIFT OF ZEN FROM STUDIO:
5 CLASS PACK FOR \$65
(REGULARLY \$80)
 Available Dec. 1- 31!

You've received
zen.



| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 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 | 3 | 4 |

MEET RHONDA SCOTT

COMMUNITY MEMBER SPOTLIGHT

Rhonda Scott is a life-long Alaskan and longtime member of The Alaska Club. Her work can be seen all over Anchorage including the windows of the South, Summit, West and Club for Women. Rhonda annually adds to our holiday spirit by painting the windows of these clubs.



Her bright and fun creations reflect the Alaskan spirit of celebration in every season and event. She works in many diverse mediums and has an eclectic assortment of fun and colorful creations. Her range includes 'serious masterpiece' art, Alaskan Iconic Art, African Art, portraits, flora and fauna, scenery, abstracts, still life... And window paintings — Just for fun! Her favorite part of window painting is encouraging passers-by to help with the art. Kids and adults both, love to paint!

She is a member of the Alaska Art Guild, AK Watercolor Society, and Kachemak Bay Watercolor Society. Rhonda shows her work in many venues around the state and internationally; in homes, private collections and hospitals. Her art captures hearts and reflects joy and happiness.

Besides being a talented artist, she's an involved member of our community, working with many boards, non-profits and individuals. She donates a percentage of her annual sales to Alzheimer's Resource of Alaska and is a National Alzheimer's Research Advocate. Some of Rhonda's collection can also be seen at the Summit Club.

CYBER MONDAY SPECIAL DECEMBER 2

Watch for our Cyber Monday Special deals on Personal Training, Membership Plus, and HydraFacials. These make great gifts for a friend or yourself!



APP CHALLENGE | STARTS DECEMBER 1 | ENDS DECEMBER 31

| | | |
|-----------|-------|--|
| WEDNESDAY | 11&18 | YOGA & BEER @ WILLIWAW - FREE |
| WEDNESDAY | 18 | FAMILY FUN NIGHT |
| FRIDAY | 20 | PARENTS' NIGHT OFF |
| TUESDAY | 24 | CLUBS CLOSE @ 6PM |
| WEDNESDAY | 25 | MERRY CHRISTMAS |
| TUESDAY | 31 | CLUBS CLOSE @ 7PM |
| WEDNESDAY | JAN.1 | NEW YEARS DAY HOT FLOW & YIN/YOGA NIDRA @ STUDIO |
| MONDAY | JAN.6 | WINTER/SPRING FITNESS SCHEDULE BEGINS |

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

