



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
- Downtown club closes @ 4pm
- Valley 24 hour access available

Wednesday, Dec. 25: Christmas Day

- Downtown club closed
- Valley 24 hour access available
- Classes resume on 12/26 @ 5:30am

Tuesday, Dec. 31: New Year's Eve

- Classes end at 2:15pm
- Downtown club closes @ 6pm
- Valley 24 hour access available

Wednesday, Jan. 1: New Year's Day

- (CHECK ONLINE OR APP FOR SCHEDULES)
- Valley 24 hour access available
- Downtown club is closed

NEW YEAR'S DAY SPECIAL CLASSES @ Valley

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

HAPPY HOLIDAYS

JUNEAU DECEMBER 2019

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. 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 by visiting TheAlaskaClub.com. We wish all of our members a happy and healthy holiday season!

POP-UPS ≡ EVENTS

DECEMBER POP-UP

VALLEY

Glow & Flow Yoga: Saturday, December 7 @ 5:30pm

DOWNTOWN

Post Thanksgiving Ride: Thursday, December 5 & 12 @ 6pm

P90x: Monday, December 9 @ 6:15pm | Saturday, December 21, @ 1:30pm

Just Dance: Friday, December 13 @ 1pm

DOWNTOWN SPECIAL PROGRAM

Sound Bath: Sunday, December 15 @ 4pm | Members \$15 | Nonmembers \$20



NEW YEAR, NEW SCHEDULE

THE WINTER/SPRING

GROUP FITNESS CLASS SCHEDULE BEGINS MONDAY, JANUARY 6, 2020



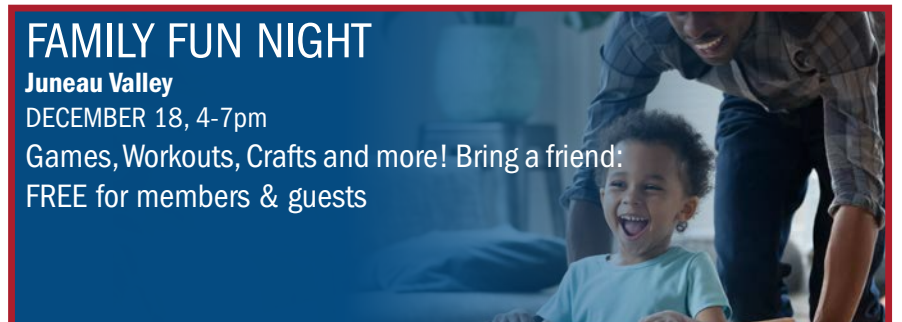
FAMILY FUN NIGHT

Juneau Valley

DECEMBER 18, 4-7pm

Games, Workouts, Crafts and more! Bring a friend!

FREE for members & guests



THEALASKACLUB.COM



12 DAYS OF LIFTNESS · DECEMBER 1 - 31

Let's keep our muscles reviving 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.



Send your letters with Santa!

Santa is visiting Juneau Valley for Family Fun Night (12/18 from 4-7pm). At that time, he will be taking all of the letters dropped into the letterbox back to the North Pole with him. Opportunity for pictures with Santa.

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



12 DAYS OF FITNESS

SHARE THE GIFT OF FITNESS

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



PURCHASE A

12 DAYS OF FITNESS PASS FOR \$25



THE ALASKA CLUB

SHARE THE GIFT OF FITNESS



NICKIE'S BLAST CREW

GET PUMPED WITH GROUP BLAST. NICKIE TEACHES BLAST AT THE DOWNTOWN LOCATION, TUESDAY'S & THURSDAY'S @ 5PM

APP CHALLENGE | STARTS DECEMBER 1 | ENDS DECEMBER 31

WEDNESDAY	18	FAMILY FUN NIGHT
WEDNESDAY	25	MERRY CHRISTMAS
WEDNESDAY	JAN.1	NEW YEARS DAY HOT FLOW & YI/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 / 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