

360 DEGREES OF FITNESS



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 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

HOLIDAY SCHEDULE

Tuesday, Dec. 31: New Year's Eve

- East, West, South, Summit, Club for Women, Downtown & Palmer close at 7pm
- Wasilla, Eagle River & Jewel Lake remain open (24 hours) (CHECK ONLINE OR APP FOR SCHEDULES)

Wednesday, Jan. 1: New Year's Day

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

NEW YEAR'S DAY SPECIAL CLASSES @ STUDIO

- Hot Yoga 90min @ 10:30am
- Yin & Yoga Nidra @ 12:30pm

SPECIAL NEW YEAR'S DAY CLASSES
Check the website or app for class types, times, and locations.

WINTER GROUP FITNESS SCHEDULE BEGINS JANUARY 6

HAPPY NEW YEAR

SOUTHCENTRAL JANUARY 2020

MAKE this New Year one of positive changes for you and your family by discovering new and exciting ways to stay fit. The Alaska Club offers 360 degrees of fitness, so there's something for everyone in the family. Get started by participating in our 2020 Resolution Challenge. Download our App today to participate and earn a chance to win 2 months FREE of spa services. Discover what your membership has to offer by attending a new class format you've always wanted to try, like ZUMBA®, yoga, INSANITY® or Team Training. Happy New Year to all!

PROUD SPONSORS ■■■ EVENTS

ANCHORAGE WEDDING FAIR

Dena'ina Convention Center
January 19, 11:30-5pm
Visit our booth and find out how we can kick-start your fitness program before your big wedding day!
Details at anchorageweddingfair.com



ANCHORAGE DAILY NEWS - BEST OF ALASKA SHOWCASE

Dena'ina Convention Center
Saturday, January 25, 1-6pm
The Alaska Club is proud to be the recipient of 3 BEST OF ALASKA awards: **Family Activity Center: Platinum, Athletic Club/Fitness Center: Platinum, Yoga Studio: Gold**
Tickets and details at adn.com/best-of-alaska/
Join us in for games, prizes and more!



ALASKA AIRLINES CLASSIC BASKETBALL TOURNAMENT

West High School
January 23 - 25
This event showcases the hottest highschool basketball players. It is a great time for the entire family!
For more information, visit The Alaska Airlines Classic Facebook page.



WE'RE CLOSER TO A CURE FOR ALS!

Join us for a beachside run in Huntington Beach, California!
Be Part of the Fight and Join TeamQuest4ALS.
Learn more at: www.thealaskaclub.com/als





YOUTH ACTIVITIES

KIDS CAMPS

IN SERVICE CAMP: FEBRUARY 14 + MARCH 6
The Alaska Club South, East & Eagle River

SPRING BREAK CAMP: MARCH 9-13
The Alaska Club South, East & Eagle River

For more information on camps, call 907-365-7393 or visit TheAlaskaClub.com/Camps to enroll, DCA accepted at East.



STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla
Registration opens January 10 for February 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!



NEW YEAR EXTRAVAGANZA!

FAMILY FUN NIGHT

JANUARY 15th
WASILLA, EAST, SOUTH: 4-7PM
EAGLE RIVER: 5-8PM

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

JANUARY

JANUARY POP-UP CLASSES

FREE for fitness members!

No registration required, just pop in!
TheAlaskaClub.com/PopUp-Classes
For Pop-up dates, times, and locations.

GROUP FITNESS SAMPLER

Join us for a fun mashup of segments from our Mossa Group workouts.

Eagle River: 1/19 | 1:30-2:30pm

West: 1/25 | 1-2pm

South: 1/26 | 2-3pm

Wasilla: 1/26 | 1-2pm

East: 1/27 | 12:10-1:10pm

ROOKIE RIDER

Learn the FUNdamentals of group cycling.

Eagle River: 1/21 & 1/28 | 6:15-7pm

Wasilla: 1/11 & 1/18 | 9:15-10am

BEACH BODY SAMPLER

This super fund mashup combines segments from Insanity, Core de Force, P90X, and PiYo.

South: 1/3 | 5:30-7pm

ZUMBA NEWBS: INTRO TO ZUMBA

Boost your dance skills in this intro class, then stay for Zumba right after and strut your stuff.

South: 1/9 | 8:45-9:15am

1/13 | 5:30-6pm

MINI BARRE

Join us for a happy (half) hour of focused muscle training.

Eagle River: 1/14 | 7:05-7:35pm

BARRE ABOVE

A challenging workout of high-rep, small ROM exercises for focused muscle training.

Wasilla: 1/10 & 1/31 | 10:35-11:35am

BODY BLAST

A total body workout that includes strength and core training with high intensity intervals.

Wasilla: 1/17 | 10:35-11:35am

YOGA STRETCH

Yoga practice with an emphasis on flexibility and relaxation.

Wasilla: 1/24 | 10:35-11:35am

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.

NEW YEARS HOT YOGA - 90MIN

January 1 | 10:30am - 12pm

NEW YEARS YIN & YOGA NIDRA

January 1 | 12:30pm - 1:45pm

NEW TO THE SCHEDULE

Mondays 6am - Hot Barre

Wednesdays 6am - Hot Yoga

Wednesdays 5:45pm - Hot Barre

Thursdays 5:45pm - Yoga Sculpt

Fridays 4:30pm - Santosha Flow*

*In this practice we'll flow into santosha and ease. The Sanskrit word "santosha" is divided into two parts: sam, meaning completely or entirely, and tosha, meaning acceptance, satisfaction, and contentment. This vinyasa style practice will incorporate pranayama, beginner to intermediate poses, and joyful movement! This class is for everyone! Be prepared to enjoy stellar music, creative movement, and sweat til your heart's content!

YOGA & BEER @ WILLIWAW

Williwaw Social

Jan. 8, 15, 22, 29

Class time is 6:30-7:30pm, doors open at 6

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

Yoga is free; bring a mat and a friend!

RESOLVE TO EVOLVE WORKSHOP

Studio

Sunday, January 12th | 12:20-2pm

Join us for this 90 minute workshop to help identify your sankalpa (intention formed by the heart & mind) for 2020. We will flow, meditate, journal, and connect with others! \$20/person

YOGA TEACHER TRAINING

200 hour RYT Yoga Alliance Certified Program
Mid January - April 2020

Whether you want to inspire others by leading yoga or simply learn more for your personal practice, our 200 Hour RYT Program will raise the level of your yoga knowledge, deepen your practice, and enhance your mind/body connection. Our team of yoga instructors bring years of experience and hearts full of passion to the mat and the Studio classroom. More details @ StudioAkHotYoga.com

ALS FUNDRAISERS

Team Quest for ALS

Members: \$15 suggested donation

Nonmembers: \$25

RESOLUTION RIDE w/ Kelly

Start the New Year off strong in this 2-hour cycle workout.

South: 1/1 | 10:15am-12:15pm

RUN STRONG w/ Janet

Strength training specific to runner performance and injury prevention.

Eagle River: 1/11 | 1-2pm

West: 1/17 | 12:15-1:15pm

YOGA FOR ATHLETES w/ Jeannie

Yoga practice with a specific emphasis on breathing and focusing the mind.

West: 1/11 | 1-2:15pm

WEIGHT LOSS GROUPS w/ Stacey

January 7th - 30th

Club For Women: Tues + Thurs | 11am

West: Tues + Thurs | 4:30pm



NEW MUSIC, NEW MOVES

Starting Monday, January 13th:
Group Blast + Group Active

Starting Monday, January 20th:
Group Power + Group Centergy

Starting Monday, January 27th:
R30 Cycle + Group Core

NEW GROUP FITNESS & POOL SCHEDULES START JAN 6TH

www.thealaskaclub.com/groupFitness

www.thealaskaclub.com/pools

2020 FITNESS

2020 FITNESS APP CHALLENGE
- JANUARY -

Join the challenge to have a strong start to your fitness program for the new year: 20 minutes of cardio + 20 minutes of strength 20 times in the month. Change it up the New Year! A qualifying winner will be selected at random and receive 2 months of spa services, including massage, facials, tanning, child care, movie rentals and more...



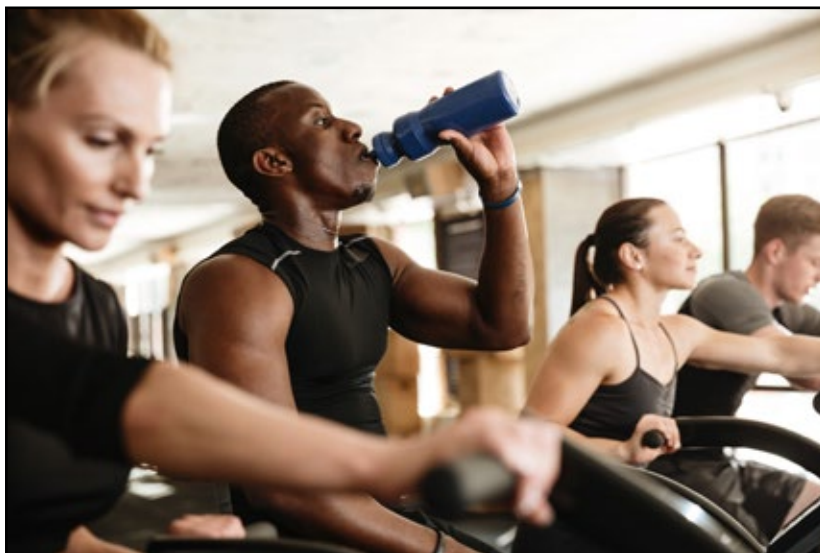
Healthy Hearts Fair
Saturday, Feb. 1, 2020 | 12-4pm
The Alaska Club East
Sponsored by Mended Hearts of Anchorage &
The Alaska Club p.r.e.p
Free & Open to the Public

ACTIVITIES:
Health & Wellness Vendors (East Gym)
Blood Pressure Testing
CPR training
Fitness Demos
Family Friendly Group Fitness Classes
Refreshments & Prizes

TEAM TRAINING

NEW WINTER SCHEDULE STARTS MID-JANUARY

THE ALASKA CLUB TEAM TRAINING



25% off select Circadia products and HydraFacial add-ons if you book your HydraFacial appointment before January 31st. It's a great time to try some of our NEW masks, like Australian Super Berry. Ask your esthetician for details. Call (907) 365-7393 to book today!



S	M	T	W	T	F	S
29	30	31	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

APP CHALLENGE | STARTS JANUARY 1 | ENDS JANUARY 31

- WEDNESDAY JAN.1 NEW YEARS DAY HOT FLOW & YIN/YOGA NIDRA @ STUDIO
- MONDAY JAN.6 WINTER/SPRING FITNESS SCHEDULE BEGINS
- TUESDAY JAN.7 TRI SPORT SWIM CLINIC BEGINS @ EAGLE RIVER
- SATURDAY JAN.11 ALS FUNDRAISER : YOGA FOR ATHLETES @ WEST
- SATURDAY JAN.11 ALS FUNDRAISER: RUN STRONG @ EAGLE RIVER
- WEDNESDAY JAN.15 FAMILY FUN NIGHT
- FRIDAY JAN.17 ALS FUNDRAISER: RUN STRONG @ WEST
- WEDNESDAY 8, 15, 22, 29 YOGA & BEER @ WILLIWAW - FREE

LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EAST TUDOR 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

