



Member Newsletter

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HAPPY NEW YEAR

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!

FAIRBANKS JANUARY 2020

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

- Downtown club closes @ 6pm
- South remains open (24 hours)

Wednesday, Jan. 1: New Year's Day

- Downtown clubs is closed.
- South remains open (24 hours)

[\(CHECK ONLINE OR APP FOR SCHEDULES\)](#)



NEW MUSIC! NEW MOVES! MOSSA LAUNCH DATES

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

 **BLAST** JAN. 13, 9:30AM

 **POWER** JAN. 20, 8:20AM

 **CENTERGY** JAN. 20, 12:05PM

 **CORE** JAN. 27, 12PM



FAMILY FUN NIGHT NEW YEARS EXTRAVAGANZA

Wednesday, January 15 · 5-8pm
Fairbanks South · TheAlaskaClub.com/Kids



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)-365-7393 to book your party today!

2020 FITNESS

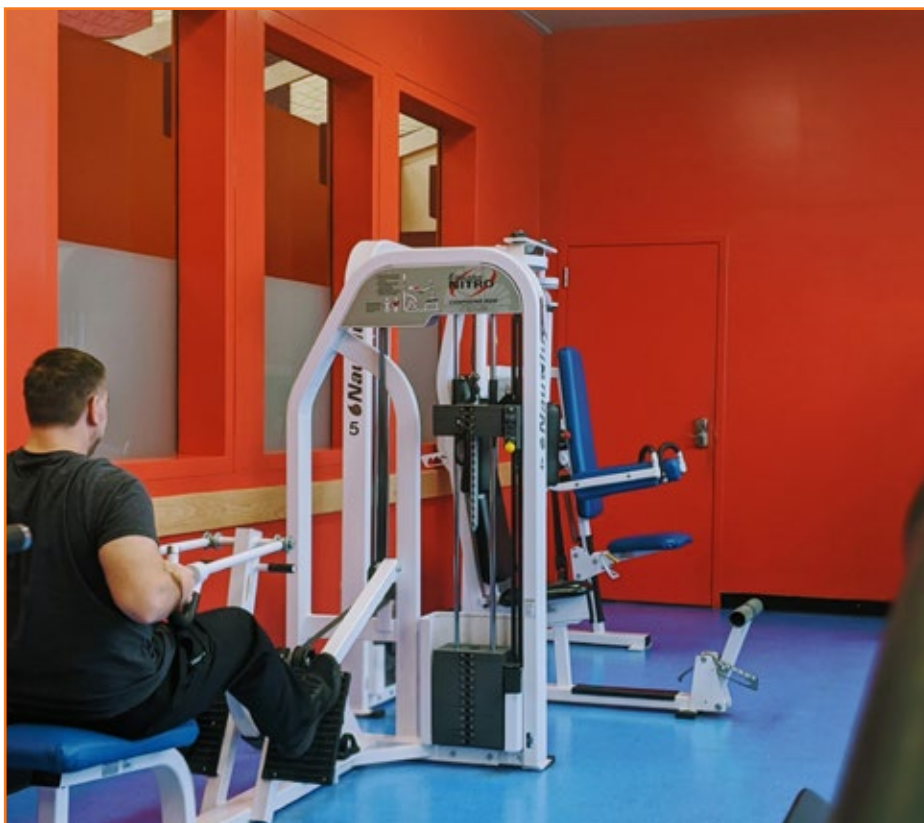
2020 FITNESS APP CHALLENGE
- JANUARY -

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...



THE ALASKA CLUB EXPRESSWAY

EXPRESSWAY IS THE RIGHT WAY!



THE EXPRESSWAY IS A GREAT WAY TO A QUICK WORKOUT!
THE ZONE OFFERS A VARIETY OF CIRCUIT EQUIPMENT THAT HELPS TO BOTH STRENGTHEN AND IMPROVE YOUR MOBILITY.

OUR FITNESS DIRECTORS ARE AVAILABLE TO GET YOU STARTED. THEY WILL GUIDE YOU THROUGH THE EXERCISE EQUIPMENT, CHANGE YOUR WEIGHTS, MAKE SEAT ADJUSTMENTS, TRACK PROGRESS ON WORKOUT CARDS AND EDUCATE YOU ON PROPER FORM AND BENEFITS. LEARN MORE AT: WWW.THEALASKACLUB.COM/WELCOME-TO-THE-CLUB

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	1	HAPPY NEW YEARS
MONDAY	13	NEW MOSSA GROUP BLAST
WEDNESDAY	15	FAMILY FUN NIGHT
MONDAY	20	NEW MOSSA GROUP POWER & GROUP CENTERGY
MONDAY	27	NEW MOSSA GROUP CORE



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 / 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