



# Member Newsletter

## IN THIS ISSUE

- January App Challenge
- January Events
- Holiday Schedule
- NEW Winter Group Fitness Schedule—January 6*

## 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
- Valley remains open (24 hours)

**Wednesday, Jan. 1:** New Year's Day

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

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

## HAPPY NEW YEAR

**M**AKE 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!

## JUNEAU JANUARY 2020

## PROGRAMMING & NEW WORKOUTS:

### NEW ON SCHEDULE

#### DOWNTOWN

**CYCLE EXPRESS**, THURSDAY @ 5:15AM

**GROUP POWER**, THURSDAY @ 6AM

#### VALLEY

**BEACH BODY MASHUP**, SUNDAY @ 9AM

**TRAINING WHEELS**, SATURDAY @ 10:15AM (1/4–3/7)

**BABY & ME**, WEDNESDAY @ 10:30AM (1/8–3/11)







**P90x**, TUESDAY @ 7:30PM



## NEW MUSIC! NEW MOVES!

### MOSSA LAUNCH DATES

Launching new workouts in all of the Mossa Group Fitness formats! Free for

 <b>ACTIVE</b>	JAN. 14, 10AM, DT
 <b>RIDE</b>	JAN. 17, 5:30AM, VL
 <b>CORE</b>	JAN. 17, 12PM, VL
 <b>R30</b>	JAN. 17, 12:30PM, VL
 <b>POWER</b>	JAN. 18, 9AM, VL
 <b>fight</b>	JAN. 18, 10:10AM, VL
 <b>CENTERGY</b>	JAN. 19, 11:15AM, VL
 <b>BLAST</b>	JAN. 19, 9:00AM, VL

# 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...

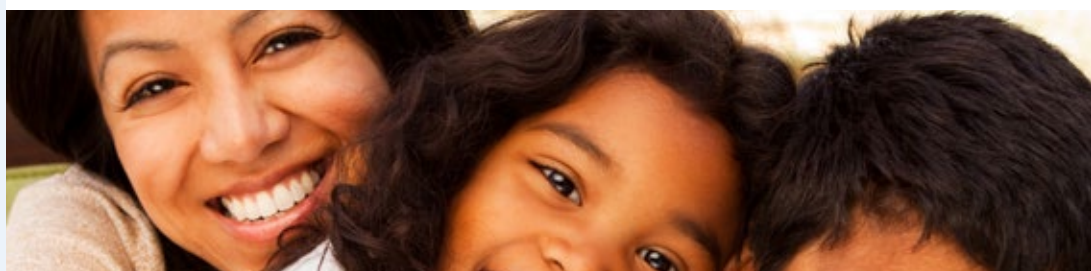


## THE ALASKA CLUB TEAM TRAINING

### NEW WINTER SCHEDULE STARTS MID-JANUARY



THE ALASKA CLUB  
**TEAM TRAINING**



## FAMILY FUN NIGHT NEW YEARS EXTRAVAGANZA

Wednesday, January 15 · 4-7pm at Juneau Valley · [TheAlaskaClub.com/Kids](http://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)-789-2181 to book your party 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	1	HAPPY NEW YEARS
TUESDAY	14-19	NEW MOSSA LAUNCH WEEK · NICKIE & ANGELICA
WEDNESDAY	15	FAMILY FUN NIGHT



## 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