



WORKOUT IN THE FRESH AIR!

Member Newsletter

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SOUTHCENTRAL AUGUST 2020

As we're still enjoying the long summer days and the fun outdoors, don't forget about the benefits of working out and how it can improve not only your physical and mental health, but your mood and sleep as well, all while reducing stress. Have you tried working out under one of our NEW Outdoor Open Air Pavilions or tried an Outdoor Pop-up class? We've provided many options for you and your family to workout and stay active during these challenging times. To learn more about outdoor fitness option, virtual fitness or indoor classes, go to: TheAlaskaClub.com/schedules. Now is a great time to get your kids enrolled in fall swim lessons, and our new School Day Camps coming this fall. Our new normal includes many extra steps and protocols to ensure our members can enjoy their workout in a clean and safe environment - worry free! For more information visit www.thealaskaclub.com/safety. There's never been a better time to take time out for you and your family at The Alaska Club!

CLUB HOURS

www.thealaskaclub.com/hours



MEMBER TESTIMONIALS

John Vela, Member of 3 Years, West

I workout every day to not only stay fit, but to see how far I can improve my mind and body. I'm currently helping friends and family out of state on how to stay fit and healthy because they aren't fortunate enough to have their gym open, and so I help them with ways to stay active and healthy while at home.

I was excited when the club reopened. I feel very safe here! It really feels like the club took their time and spent the money to make it a safe place to come back to, and I have no doubt that you went that extra mile to keep members safe. I wear a mask to workout and though it feels a little different, sometimes you have to push through those obstacles to get to where you want to be, it's a minor change and only temporary. I use a mask that is specialized for elevation training.



Olga Alvord, Member of 12 Years, South

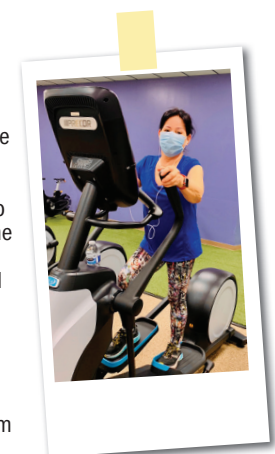
Thank you to the Alaska Club for providing a safe and clean facility and multiple options for exercising. You are the beacon of stability, positivity, and health at this difficult time. I am very grateful to the instructors and front line workers. Today, I attended Clarissa's Zumba at the South Club and was one more time deeply impressed with her energy, fitness, and dedication. She brings joy at this unstable hour, though it must have been very hard to teach and follow rigorous routine wearing a face shield for our safety. This is greatly appreciated, and I wish there was a way to acknowledge and reward the individuals who maintain the Alaska Club and get it going!

Connie Fields, Member of 7 Years, West

I'm a longtime member and I came back to West as soon as it reopened. I feel safe about coming back because I know the people who are cleaning the club and what an excellent job they do. I see them cleaning and spraying all of the time, and I know they fog at night after its closed. I like having my own disinfectant bottle too. I use the cardio equipment and I like the way its set up so we're able to social distance.

I would say to members who haven't come back yet that they don't need to be afraid, because this place is very clean - they shouldn't hesitate to come back. I'm a senior citizen and I feel very safe and comfortable here. It's important to workout during this time to keep my mind and body in a good space.

Wearing a mask is important. I never take any chances, I wear my mask all the time, even when I'm on the elliptical. I tell the people at work to come back to the gym because The Alaska Club is very safe! I like coming and seeing the same people every day. If they're not here, sometimes I call them and tell them to get into the club.



Refer a friend and be entered to win 6 months of FREE membership!

You'll also receive a \$50 gift card & 500 Reward Points for each friend who joins!

To learn more about the safety protocols in place to keep you and your family safe, visit <https://www.thealaskaclub.com/safety>.



YOUTH ACTIVITIES

SCHOOL DAY CAMPS COMING SOON

Our NEW School Day Camps will offer fun structured activities, physical education and more. All the keep your kids active and healthy. More information will be available soon at TheAlaskaClub.com/Camps



KIDS CAMPS

The Alaska Club South, East, Eagle River, & Fairbanks South

SUMMER CAMP: NOW - AUGUST 14

We've worked hard to put protective measures in place to keep your kids safe, such as: activities that accommodate social distancing, small groups, distribution of individual camp kits, deep cleaning and sanitation practices, and daily instruction on hygiene for kids. Masks are required! Camp is open to members and nonmembers now through August 14th. Our camp counselors are experienced and energetic, and will make sure to follow all of the sanitation protocols, so you don't have to worry, your kids are safe at The Alaska Club! Learn more about our safety plan and register, visit: TheAlaskaClub.com

**Licensed by the State, Municipality and American Camp Association. Day Care Assistance accepted. Face coverings are required.*

EVENING OPEN SWIM

The Alaska Club East, South, Eagle River, & Wasilla

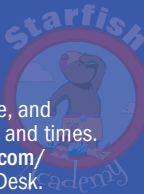
Open swim is back at The Alaska Club for all ages! A time slot during the evening has been reserved at each location. For more information and to check the pool schedules visit TheAlaskaClub.com/pools.

Visit TheAlaskaClub.com/reopening for information on all of our safety protocols.

SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Starfish Academy offers lessons for swimmers of every age and level. Members and nonmembers welcome. Group, semi-private, and private lessons are available. Visit our website to see session dates and times. Registration is open for August lessons. Register at TheAlaskaClub.com/StarfishAcademy, call 365-7393, or stop by any Member Support Desk.



CHILDCARE & PLAY CENTERS

Our playcenters are open and revamped with increased safety protocols. Reservations are required and the number of spots available are limited to insure we can maintain a fun and safe experience for your children. Some areas of the playcenters are closed as an added safety measure. For more information or to make a reservation visit www.thealaskaclub.com/kidspaycenters.



BIRTHDAY & PRIVATE PARTIES AT FLY

Looking for an unforgettable birthday party experience for your family and friends? Book your next party at Fly Trampoline Park Wasilla, where we build fun and lasting party memories — and make planning easy! Let your kids release their energy on over 30 trampolines, a ninja course, virtual reality games, arcade and more. We're ready for takeoff, are you?

NOW OFFERING private parties! Have the entire park to yourself and enjoy the safety party in town!

Call FLY at 907-357-JUMP(5867) or visit www.flytrampolinepark.com/parties for more information on our packages.



We've worked hard to get ready to welcome you and your family back to our clubs! Our focus is on the safety of our members and our staff! We've put protective measures in place to keep your kids safe, such as: activities that accommodate social distancing, limited capacity and small groups, deep cleaning and sanitation practices. Our camp kids will receive their own personal camp kits and we'll be talking daily about personal hygiene. Our staff will be wearing cloth face coverings and conducting daily health screenings including temperature checks.

Your kids are safe at The Alaska Club.

YOGA IN THE PARK

IS NOW VIRTUAL THROUGH AUGUST 12ST

RECIPE OF THE MONTH

CITRUS HERBED CHICKEN WITH ASPARAGUS

Lemon, basil and oregano brighten up the flavor in the pan sauce for chicken cutlets and asparagus. This is an easy dish that everyone in the household will love!

INGREDIENTS

- 1/4 cup flour
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Coarse Ground Black Pepper
- 1 pound thin-sliced boneless skinless chicken breasts
- 1 tablespoon oil
- 1 1/2 cups chicken stock
- 1 teaspoon Basil Leaves
- 1 teaspoon Oregano Leaves
- 2 tablespoons lemon juice
- 1 pound asparagus, trimmed and cut into 1-inch pieces

INSTRUCTIONS

- Mix flour, parmesan cheese, garlic powder and pepper in shallow dish. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.
- Heat oil in large nonstick skillet on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if necessary. Remove chicken from skillet; keep warm.
- Mix stock, basil, oregano and reserved flour mixture in medium bowl until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3 to 5 minutes or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes or until heated through.

mccormick.com/recipes



OUTDOOR POP-UPS

All classes FREE to members!

Pound Pop-Up in the Parking Lot at South Tuesday, August 11 @ 6:30pm

Channel your inner rock star in this fusion of music and movement. Inspired by the energizing, sweat-dripping fun of playing the drums, this total-body cardio/strength jam session uses lightly weighted sticks (Ripstix). No drumming skills necessary.
Instructor: Kim P.

Outdoor Zumba at Eagle River Wednesday, August 19 @ 6pm

Let's take this party outside! ZUMBA® blends upbeat world rhythms with easy-to-follow choreography for a total-body workout that feels like a celebration.
Instructor: Suzy S.

Outdoor High Fitness at South Friday, August 21 @ 10am

In High Fitness, old school aerobics meets HIIT training with music you love and easy to follow choreography. Take it high or take it low, either way High Fitness is hardcore fun!
Instructor: Kristi M.

Hoop: There It Is!

Hula Hoop Bootcamp at East Thursday, August 20th @ 6:30pm

If you think hula hooping is just for kids, think again. And get ready for some serious fun! We'll use the hoops for a total body workout including cardio, core, upper and lower body exercises. No hooping skills necessary; hoops provided.
Instructor: September S.

OUTDOOR CLASSES

www.thealaskaclub.com/schedules

SOUTH: Tai Chi - Yoga -
Zumba - Team Training

EAST: Zumba - Team Training

WASILLA: Team Training

Outdoor Group Fitness:

Reservations are NO LONGER required!
Just scan at the desk and get a sticker to show you've scanned in.

Outdoor Team Training:

Reservations required.
Sign up on the app or at
www.thealaskaclub.com/schedules.

VIRTUAL YOGA IN THE PARK

Starting this Wednesday, August 5th, Yoga in The Park will be virtual due to the new MOA order.

We encourage you to tune in via **Zoom on Wednesday 8/5 & 8/12 from 6-7pm** and share your yoga experience with us!

Log into Zoom at:

<https://us02web.zoomus/j/83780448137>

Roll out your mat and join us virtually, as David leads us on a yoga journey which is sure to be zen-tastic.

SPOTLIGHT SEPTEMBER SHEDLOCK

Personal Trainer & Fitness Instructor



"Fitness is not just about physical health. It directly impacts our mental, emotional, and physiological wellness. I have loved my job at The Alaska Club for more than a decade, as I'm provided the opportunities to work in a safe, clean and energetic atmosphere. I'm blessed with a phenomenal team, and amazing members and clients. One of my favorite parts about my job is when people realize they have much more strength inside them than they ever imagined. Fitness unleashes that strength just waiting to be tapped into then becomes the catalyst to the best you. It was 32 years ago a dear friend brought me to The Alaska Club East to go swimming, and thankfully I'm still here! Why am I here? To help you safely tap into and unleash your strength, reach goals, while gaining wellness, longevity, quality of life and more time with your loved ones... Hope to see you soon!"

Contact September:

sshedlock@thealaskaclub.com

AUGUST APP CHALLENGES

Stay Active This Summer & Join One or All of the App Challenges:

1) **Chasing Fireweed Fitness Challenge.**
Log 100 or more miles in the month of August - walking, running, hiking, biking, swimming.

2) **Outdoor Workout Challenge.**
Log 12 or more outdoor club related workouts in the month of August 2020.

All those that meet the challenge will be entered to win a \$100 Gift Card to Skinny Raven and a special gift from The Alaska Club.



CHASING



OUTDOOR

GET THE ALASKA CLUB APP & EARN BIG POINTS!

Join the rewards programming this month and send a friend a 3-day pass. If they join, you'll receive 500 Reward Points!

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications



THE ALASKA CLUB



VIRTUAL CLASSES

Follow along with instructors from The Alaska Club to keep you fit and moving at home or wherever you may be. We offer something for everyone: Yoga, Insanity, Group Power, PiYo, Group Active ... and lots more. View the schedule for live-streamed and archived classes at:
thealaskaclub.com/online-workouts.

INDOOR POP-UPS

Yoga Sculpt
Friday, August 21 and 28 @ 10am
South Studio 1 (Reservation required)
This dynamic yoga practice incorporates resistance training using light weights to target all the major muscle groups.
Instructor: Niki M.



FACE COVERING POLICY:

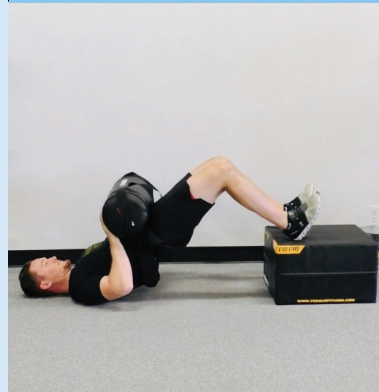
Members are required to wear face coverings, as recommended by the CDC, at all times when in the club except when engaged in cardiovascular exercise (cardio equipment, group fitness, racquet sports, swimming, basketball court).

You will not be permitted entrance without a face covering.

Help us keep everyone safe and businesses open.

Face coverings are optional at the Outdoor Pavilions available at The Alaska Club East, Eagle River & South.

EXERCISE OF THE MONTH



Resisted Box Bridge

- 1) Lay on your back and place the heels of your feet up onto a box or step.
- 2) Place a weight or sandbag on your abdominals.
- 3) Drive heels into the box or step as you lift your glutes off of the floor. 3-4 sets of fifteen in between your other exercises.

Benefits: Develops hip and glute strength.

GET MOVING IN AUGUST

AUGUST 1
AUGUST 5 & 12
AUGUST 15
AUGUST 22
SEPTEMBER 3-7
SEPTEMBER 12

THE ALASKA CLUB APP CHALLENGES START
YOGA IN THE PARK - DELANEY PARKSTRIP 6PM
THE ANCHORED MARATHON - GOOSE LAKE PARK
SKINNY RAVEN: "SOCIAL" DISTANCE CLASSIC
BEAR "PAUSE" FESTIVAL IN EAGLE RIVER
SKINNY RAVEN: NEW BALANCE XC TOUR

DUE TO COVID-19, SOME OF THESE LISTED EVENTS MAY BE CANCELED.

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 / **CLUB FOR WOMEN** - 1450 WEST NORTHERN LIGHTS BOULEVARD 264-2700 / **DOWNTOWN** - 701 WEST 8TH AVENUE, SUITE 100 274-4232 / **JEWEL LAKE** - 3841 WEST DIMOND BOULEVARD 365-2717 **EAGLE RIVER** - 12001 BUSINESS BOULEVARD 694-6677 **WASILLA** - 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