



Member Newsletter

IN THIS ISSUE

- Welcome Back News For You
- Youth Activities
- Recipe of the Month
- Trainer Spotlight
- App Challenge
- 7 Day Pass - \$25
- Contact Information

HOURS UPDATES

www.thealaskaclub.com/hours

The following locations are now 24-hours again:
Juneau Valley

These clubs have limited or no staff after hours. For your safety and the safety of others, please disinfect equipment after use. Thank you for doing your part to keep us all safe.

Juneau Downtown will be closed on Saturday, July 4th.



Robert Brewster, CEO of The Alaska Club, was recently named as Honoree & Community Hero by The Anchorage Daily News Achievement in Business. This recognition is given to those that have given back to the community during times of need. Robert has always been a leader who asks, "what can we do to help?"

HAPPY INDEPENDENCE DAY

JUNEAU JULY 2020

CELEBRATE INDEPENDENCE DAY all month long by deciding to live a healthier lifestyle. The longer Alaskan summer days mean more time for you and your family to get out and be active. The Alaska Club can help you strengthen both your mind and body to help get you prepared for what the summer can offer. Join us online for our wide variety of virtual classes! There's always something for you and your family at The Alaska Club, to learn more visit TheAlaskaClub.com.

BENEFITS OF WORKING OUT

Staying active during this challenging time can help your physical and mental health – improve your mood and sleep, while reducing stress.

Take advantage of our daily virtual streaming classes available! These classes are available at www.thealaskaclub.com/online-workouts and on Facebook at www.facebook.com/pg/TheAlaskaClub/events.

We continue to implement industry-leading measures to protect you and our team! You'll find clear instructions on our new protocols posted around our clubs. All for your health and safety, and ours. Things are different, but our commitment to delivering results, strengthening community, and building healthy generations will never change!

Your safety. Your well-being. Your health. Our priority.



360° OF FITNESS

THE ONLY GYM FOR ALL SIDES OF YOU

RECIPE OF THE MONTH

MARINATED GOAT CHEESE STRAWBERRY CROSTINI

Embracing the summertime strawberries with simple Marinated Goat Cheese Strawberry Crostini. Creamy goat cheese, marinated in a mix of fresh garden herbs, high-quality oil, salt, and pepper, served over grilled bread and topped with fresh strawberries and sweet honey. This is the simplest of appetizers, yet so amazingly GOOD. Enjoy for breakfast, brunch, a quick (and easy) lunch, or as a simple appetizer for your next summer picnic.

INGREDIENTS

- 1 (10 ounce) log goat cheese, sliced into 1/4 inch rounds
- 1/2 cup extra virgin olive oil plus more for drizzling
- 1/4 cup chopped fresh basil, plus more for serving
- 1 pinch crushed red pepper flakes
- kosher salt and fresh black pepper
- 4 sprigs fresh thyme
- 1 sourdough or french baguette, sliced
- 2 cups fresh strawberries, sliced
- honey, for serving

INSTRUCTIONS

1. Arrange the goat cheese slices in a square baking dish. Sprinkle over the basil, red pepper flakes, salt, and pepper. Add the thyme. Drizzle the olive oil over the goat cheese. Let sit at room temperature for 30 minutes or refrigerate for up to 24 hours.
2. Preheat your grill to high heat or preheat your oven to 400 degrees F.
3. Place the bread on a baking sheet and drizzle with olive oil on both sides of each slice, season with salt. Place the bread on the grill and grill both for about 2-3 minutes per side or until lightly toasted. Remove from the grill.
4. Spread the goat cheese over the bread. Top with strawberries, basil, and honey. Sprinkle with sea salt. Serve and enjoy!

halfbakedharvest.com



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:

www.thealaskaclub.com/online-workouts.



SPOTLIGHT ON VANDI RATHER



Vandi has worked for the Alaska Club for over 10 years, working her way through various positions.

As a group fitness instructor, she found her passion for helping people stay healthy and fit, then last year became a certified Personal Trainer. When Vandi isn't at the gym, she enjoys being outside with her husband and kids. Like other Alaskans, she loves to hike, bike, fish and just enjoy the beautiful Southeast outdoors.

Contact Marquis: vrather@thealaskaclub.com

VIRTUAL PERSONAL TRAINING

Whether you're not ready for the in-club experience or simply want the convenience of training from home (or where ever you might be), virtual PT will fit your needs. This provides one-on-one training, customized for you, for only \$37 per session (30 minute).

How does this work?

- We offer 30-minute sessions with a personal trainers as often as you like
- No traditional gym equipment? No problem!
- They will set-up a customized workout based on what you have or don't have
- Once you complete the form, we'll call you to answer any questions you have
- Then we'll get you set-up with your first session
- If your dues are currently suspended - no problem!

To get started, go to www.thealaskaclub.com/virtual-pt-request



JULY APP CHALLENGES

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

1) **20 in 20 Replay - 20 in '20** - We had so much fun in June, we're going to do this one again! Perform 20 reps of these exercises 20 times in the month: Squats, Push-ups, Plank (20 seconds), and Bridge. These can be accomplished in club, in Outdoor Fitness options, virtual classes or with your trainer or on your own. Record completion in the app using the workout type 20 in '20.

2) **Yogis R Us Challenge:** Participate in 20 yoga classes/ practice between July 1 and August 19, 2020. You can join us for Yoga in the Park Wednesdays July 1st thru August 12th, in our club classes or any of our virtual classes.

3) **Outdoor Challenge:** So many choices between Outdoor classes, Outdoor workout area, Outdoor Team Training & Yoga in The Park. Log 12 outdoor workouts to be entered to win.

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.



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



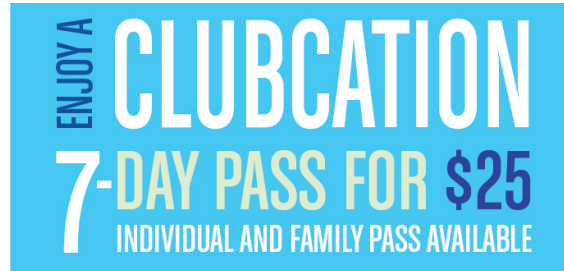
THE ALASKA CLUB



CLUBCATION PASS

Share A Weeks Clubcation with Friends & Family. Get a 7 day Pass for \$25. Visit any staffed location to pick-up an individual or family pass. Membership not required. Available through July 31st. Not available at Studio or Summit locations.

*Out of state guests must follow travel mandates.



EXERCISE OF THE MONTH



Take It To The Wall

- 1) **Wall Ball:** Holding a weighted ball of your choice, squat and toss the ball overhead to a target above your head. - Catch the ball and repeat 10 times. Benefits: explosive vertical pressing and strength conditioning.
- 2) **Wall Squat:** Stand with your back against a wall, place your feet about two feet out in front of you. Feet should be hip-distance apart. Squat down to a sitting position with your back flat against the wall, and hold for a period of time. Recommend: 30 seconds - 1 minute, and repeat 3 times. Benefits: builds strength in your upper legs.

HAPPY JULY

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