



**MEMBERS
ENJOYING THE
WEST CLUB!**

Member Newsletter

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HOLIDAY HOURS

www.thealaskaclub.com/hours

Labor Day: September 7, 2020

South & Summit	10am - 6pm
East	Closed
West	10am - 6pm
Club For Women	Closed
Downtown	Closed
Studio Hot Yoga	Closed
Jewel Lake	Closed
Eagle River	Portions of the Club Open
Wasilla	Portions of the Club Open
Palmer	10am - 6pm

*All Open Clubs Require Scan Card for Access

HAPPY FALL

SOUTHCENTRAL SEPTEMBER 2020

With all of us defining a new normal, keeping the family healthy is more important than ever, that is why we're continually offering new ways for your family to workout safely. Whether it's in-club, outdoors or virtual, there's something for everyone! Regular exercise can have a huge impact on anxiety, help ease stress, improve your sleep, and also improve your physical and mental health. As a new school year begins, we're offering on-site fall camps that can help support the needs of parents and kids. Registration is now open; to learn more about all that we have to offer this fall, visit us online at TheAlaskaClub.com.



★ SUPPORT OUR FIRE FIGHTERS IN ACTION.

JOIN THE
9-11
STEP MILL CHALLENGE

@WEST & CLUB FOR WOMEN
FRIDAY • SEPT 11
10AM-1PM

PAYING TRIBUTE OUR FIRST RESPONDER ON 9/11

This stair climb event honors the 343 firefighters that were killed during the attacks. A total of 412 emergency workers lost their lives during the attack. This event raises money for the Fallen Firefighter Memorial Fund.

- Join the Challenge and see how many stairs you can climb in 11 minutes.
- Suggested donation: \$15 members and non-members.
- Money raised goes directly to Fallen Firefighter Memorial Fund.

We have spent the last several months adjusting and perfecting our health and safety measures and creating new ways for you to stay active. Our efforts include, new airflow technology, increased cleaning, new equipment configurations to optimize social distancing and more. Since our reopening in the middle of May, we are happy to report we have no known cases of corona virus transmission.

CDC states, having a BMI of 30 or above, increases your risk of severe illness from COVID 19. The CDC also says, moderate exercise improves your immune function and may be a factor in reducing your risk of contracting COVID-19. Visit our website at www.thealaskaclub.com/safety to learn about all the updates. If you have not been in, we know you will be happily surprised. Let's get back to working out - safely!

- Here are just a few new things you'll find at the club:
- Outdoor pavilions
 - Outdoor classes
 - Personal protection shields for group fitness instructors

OPEN HOUSE

SEPTEMBER 21-30

SHARE YOUR FAVORITE CLUB WITH FRIENDS AND FAMILY FOR FREE.

VISIT WWW.THEALASKACLUB.COM FOR DETAILS!





YOUTH ACTIVITIES

REGISTER TODAY!

FALL SCHOOL CAMP

The Alaska Club South, East, Eagle River

Now that school is in session, we are offering on-site camps that can help support the needs of parents and kids.

Learn more about our safety protocols and register at: TheAlaskaClub.com

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

From the desk of a parent and teacher:

"Thank you for all you are doing for the kids. It is helpful to know they will be getting an education, amongst all the uncertainties around them," said Laura Tideman, a teacher and a parent. "I have students who are on zoom with me and attending the Alaska Club during the same time my child is on zoom at the Alaska Club with his teacher. It is nice to see it from both sides and know my kid/students can be successful with your assistance. It is a huge help to have your counselors working and constantly checking on the little kids as they navigate the buttons on zoom. They always tend to get confused or distracted, so thank you for keeping them on track."

What our camp offers:

- Customized daily schedules for each camper
- Daily online learning with teacher instruction via Zoom
- Newly upgraded camp room at East
- Day Care Assistance at East camp
- Optional day & ½ day camps to meet parents schedules
- Options for Homeschool P.E. credits
- Qualified counselors
- Safety protocol education for campers
- Much more...

EVENING OPEN SWIM

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

Open swim is back at The Alaska Club for all ages! 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

***HOMESCHOOL PE ALTERNATIVE!**

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 September lessons. Register at TheAlaskaClub.com/StarfishAcademy, call 365-7393, or stop by any Member Support Desk.



YOUTH CLASSES

***HOMESCHOOL PE ALTERNATIVE!**

TAI CHI

Martial Arts forms training appropriate for youth ages 6-11 years.

South
Mondays & Wednesdays @ 4:30pm

POUND GENERATION

Calling all Rock Stars - Working out with Pound sticks and fun fitness activities. Appropriate for ages 6-11 years.

East
Tuesdays & Thursdays @ 4:30pm

PICKLEBALL

Learn the fundamentals of pickleball. Appropriate for ages 6-11 years.

South
Tuesdays & Thursdays @ 2:30pm

JUIJITSU GAMES

Martial Arts training appropriate for ages 6-11 years.

Eagle River
Mondays & Wednesdays @ 11am

ZUMBA KIDS

Zumba dance instruction along with culture information about the country where the dances originated. Appropriate for ages 6-11 years.

Eagle River
Tuesdays & Thursdays @ 3pm

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/kidsplaycenters.



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.



THEALASKACLUB.COM

THE MARKETING TEAM
SPENT A DAY OUT
SUPPORTING LOCAL
BUSINESSES!



SWEAT & SAVORY

RECIPE OF THE MONTH

AUTUMN PEAR SALAD

An autumn pear salad is the perfect addition to your fall spread. It's flavorful, healthy and so easy to throw together with kale, feta, pecans & grapes!

INGREDIENTS

- 2 heads kale
- 1/4 cup Pecans
- 1/4 cup Feta cheese crumbled
- 1/4 cup grapes sliced
- 1 pear sliced
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 clove garlic
- 1 tsp fresh thyme
- Kosher salt and pepper

INSTRUCTIONS

1. Remove the stems from the kale, and tear up with your hands into bite size piece. Place in a large bowl.
2. To make the dressing, whisk together the olive oil, apple cider vinaigrette, maple syrup, garlic, thyme, salt and pepper. You can also use a mini blender like I did for easier blending.
3. Pour the dressing over the kale and toss well to combine. You can also massage the dressing into the kale with your hands.
4. Arrange the pecans, feta cheese, grapes and pears on top of the tossed kale, and enjoy!

feelgoodfoodie.net



OUTDOOR POP-UPS

All classes FREE to members!

What are "POP-UPS"?
These are classes that aren't offered regularly. They "POP-UP" randomly for a one time experience. This is a great opportunity for you to branch out and try something new!



Check out our September Pop-Ups at thealaskaclub.com/popup-classes

OUTDOOR PAVILIONS
AVAILABLE AT:
**EAST
SOUTH
EAGLE RIVER**

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 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.

SPOTLIGHT SHANNON HELMS

Personal Trainer



Why the Fitness Industry?

15 years ago I would have never imagined or even thought I would be a part of the fitness industry, but my own fitness journey of losing over 200 pounds led me here.

What does Health and Fitness mean to me?

Living a healthy and active lifestyle means everything to me, as it gave me life again after my weight loss journey. It became who I am today, and I've been maintaining that weight loss over 13 years now. I always strive to better myself and fitness gives that to me.

Why do I enjoy being a Personal Trainer?

As a Personal Trainer I'm able to motivate, inspire and teach my clients to develop that same passion for health and fitness for themselves. I love being able to give them the tools to be successful on their own fitness journey. Changing lives one-at-a-time! In return it keeps me accountable and motivated to keep moving forward maintaining my own weight loss.

Contact Shannon:
shelms@thealaskaclub.com

SEPTEMBER APP CHALLENGES

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



1) 30 Push-ups in 30 Days:
30 push-ups each day for the 30 days of September. This challenge is to promote suicide prevention and show we will push up together. Like any challenge - we are more likely to be successful when we reach out and ask others to join so we encourage you to share on your social media. Winner will receive a special gift from American Foundation for Suicide Prevention and a \$30 Skinny Raven Gift Card.



2) Back to School - Get To Class:
Fall is back to class time. Attend 12 classes or more in the month. Winner will receive a 1 hour private yoga class.

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

www.thealaskaclub.com/safety

THE ALASKA CLUB



Thank you members for doing your part to keep our employees and other members safe during this unprecedented time.

EXERCISES OF THE MONTH

Push-Ups:

There are multiple ways this can be done:

- 1) Start in a plank position with arms extended and lower down as far as you can and then push back up. Head should be straight, chin slightly tucked. Elbows can be tucked in to work triceps, or out at an angle for chest work.
- 2) Optional- start in a plank position drop to your knees and do push-ups from here.

Work 3 sets of 10-15 push-ups into your routine.



Plank:

- 1) Begin in the plank position, face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. This is the neutral spine position. Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.
- 2) Optional - try with arms extended or on a stability or bosu ball.



Try this for 30 sec - 1 min.

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



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