



**WORKOUT
WITH A
FRIEND**

Member Newsletter

HAPPY FALL

FAIRBANKS 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.

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HOLIDAY HOURS

www.thealaskaclub.com/hours

Labor Day: September 7, 2020

Fairbanks South Closed
Fairbanks West Open



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!

BIRTHDAY & PRIVATE PARTIES AT FLY TRAMPOLINE PARK

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, 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 907-457-JUMP(5867) or visit www.flytrampolinepark.com/parties for more information on our packages.



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 FBX South

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 FBX South

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

The Alaska Club FBX South

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.

***HOMESCHOOL PE ALTERNATIVE!**



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.

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



NEW CLASSES

AQUA ZUMBA

Tuesdays at 10AM

Make a splash with style – fun moves set to a Latin Beat.

Starts September 8th

KETTLE & CORE

Tuesdays/Thursdays at 10AM

Kettle Bell strength training followed by core training.

Starts September 8th

HIIT CLASS

Wednesdays at 10AM

High Intensity Interval Training using steps, weights or tubing to keep the moves fresh and the results on point.

Starts September 9th

YOGA

Sundays at 10AM

Instructor: Lisa

Starts September 13th

Mondays & Wednesdays NOON

Instructor: Amanda

Starts September 21st

New music and moves included in these classes for September:

GROUP CENTERGY-week of September 8

GROUP POWER-week of September 14

GROUP BLAST-week of September 28

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



THEALASKACLUB.COM