



**WORKOUT
WITH A
FRIEND**

Member Newsletter

HAPPY FALL

JUNEAU SEPTEMBER 2020

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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.

HOLIDAY HOURS

www.thealaskaclub.com/hours

Labor Day: September 7, 2020

Juneau Downtown	Closed
Juneau Valley	Portions of the Club Open (Access available to members 18 years of age and older)



Congratulations Gary Dowd!

Gary was recently named as the new General Manager of both the Juneau Valley and Downtown clubs. He has lived the majority of his life in Juneau, graduating from Juneau Douglas High School, and from a Kansas college with a degree in accounting. He has been a part of The Alaska Club family for over 30 years, and is the heart and soul of these clubs. "As the Manager of Operations, he is one of the hardest and most dedicated workers that I've had the pleasure to work with. Thank you Gary for all you have done and will continue to do," said Mike Guderian, VP of Operations. In his free time, if he is not with his family, you'll see him around Juneau on his motorcycle or bike. He is a large part of the Juneau community and is always lending a helping hand to local businesses and people. If you haven't met Gary, please make a point of stopping by his office to say hi!

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!

OPEN HOUSE

SEPTEMBER 21-30

SHARE YOUR FAVORITE CLUB WITH FRIENDS AND FAMILY FOR FREE.

VISIT WWW.THEALASKACLUB.COM FOR DETAILS!



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



MOSSA CLASSES

www.thealaskaclub.com/schedules
 Signing up for classes will change to 5 days in advance from 7.
 Check out our easy to use app.

Mossa Launch Dates:

- SEP 12 · Group Centergy · 12:05PM VL
- SEP 15 · Group Power · 12:05PM VL/DT
- SEP 11 · Group Fight · 5:00PM VL
- SEP 22 · Group Blast · 5:00PM DT
- SEP 29 · Group Active · 9:30AM VL Ride & R30 TBA

NEW CLASSES

Valley:

- SEP 4-25 · Friday Night Fight · 5:00PM
- SEP 13 · Yoga with Monica · 11:00AM
- SEP 18 · Power · 5:30AM

Downtown:

- SEP 8 · Group Blast · 5:00PM (Tuesday nights for the month)
- SEP 16&23 · Pop Up Masked Yoga Nidra Meditation Yoga Practice · 6:30PM
- SEP 17&24 · Pound/Zumba · 5:00PM (Thursday nights for the month)
- SEP 18 · Power · 5:00PM
- SEP 18 · Zumba Toning · 12:05PM (Friday afternoons for the month)

VIRTUAL CLASSES

Group Centergy 9:30AM
 Friday's on Juneau Centergy/
 Yoga Facebook page
 (September 11, 18, 25).

Virtual Fight 5:30PM
 Wednesday's on The Alaska Club Zoom
 (September 16, 23, 30).

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



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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