



Member Newsletter

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JUNEAU OCTOBER 2020

October is Breast Cancer Awareness Month, reminding us all do to our part to bring awareness to this disease that still affects many Alaskans. Challenge a friend to join the “Rocktober” app fitness challenge and get in at least 20 workouts and kickoff your October fall fitness frenzy. We have a number of youth fitness activities too this month, so get in and get the whole family working out together. Learn about all of these activities and programs at TheAlaskaClub.com.

FROM KIKKAN

Winning an Olympic Gold medal didn’t save me from getting cancer. But thanks to all the years of staying active, caring about good nutrition and working to cultivate a positive and resilient attitude, I had the mental skills and physical strength to get through my cancer treatment and return to my active lifestyle.

Now that I’m a couple years into my survivorship journey, I appreciate every day and am fully committed to keeping up those healthy habits so that I can stay healthy and strong for my family and my way of life. It’s amazing how small good habits of physical activity, putting quality fuel in your body and getting enough rest can really add up to some incredible moments with those you love!

As we focus on breast cancer awareness this month, let’s get out and get active together! Know your body, celebrate what it CAN do, and if you find something, get it checked!

Hope everyone is staying safe and making the most of this unprecedented year!

Cheers,
Kikkan :)



“The Club is very clean. My wife and I are happy to get back to our routine.”
- Peter



“The safety measures the Club has put in place have been very comforting to me and my workout partner.”
- Amy & Terry



“I think staff is doing a great job keeping the equipment clean, the locker room clean, it’s all just immediate. I feel safe coming back and doing my thing.”
- Shane



IN THE MIX

RECIPE OF THE MONTH

BROCCOLI CHEDDAR AND DUMPLINGS

A creamy broccoli cheddar soup base topped with light and airy dumplings that make every bite so delicious. This is a cozy recipe that's one pot and done, perfect for all the cool fall nights ahead.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 tablespoons salted butter
- 1 sweet onion, chopped
- 3 carrots, chopped
- 2 tablespoons chopped fresh thyme
- kosher salt and black pepper
- 6-7 cups low sodium vegetable broth
- 3 cups fresh or frozen broccoli florets
- 2 bay leaves
- 1/2 cup whole milk
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup buttermilk
- 1/4 cup grated parmesan cheese
- 1 tablespoon chopped fresh sage
- 2 cups shredded sharp cheddar cheese

INSTRUCTIONS

1. Heat the olive oil and butter together in a large soup pot over medium heat. When the oil shimmers, add the onion and cook 3-5 minutes. Add the carrots and thyme. Season with salt and pepper. Cook another 5 minutes.

3. Pour in the broth. Add the broccoli, bay leaves, nutmeg, and cayenne, and bring to a boil over high heat. Cover and cook for 10-15 minutes or until the broccoli is tender.

4. Meanwhile, make the dumplings. In a medium bowl, whisk together the flour, baking powder, and a pinch each of salt and pepper. Add the buttermilk, parmesan cheese, and sage, mixing until just combined.

5. Remove the bay leaves from the soup. Transfer 3/4 of the soup to a blender and blend until the broccoli is finely chopped. Return the soup to the pot and stir in the milk. Bring the soup to a boil over medium-high heat. Drop a heaping tablespoon of the dough into the soup, adding about 6 dumplings to the soup at a time. Cover, and cook for about 8-10 minutes, until the dumplings are cooked through and puffy.

6. Carefully move the dumplings aside, or if easier, remove dumpling from the soup, and stir in the milk and cheddar cheese, cooking until melted. Season to taste with salt and pepper.

7. Ladle the soup and dumplings into bowls and serve topped with pepper. Enjoy!

halfbakedharvest.com

OCTOBER POP-UPS

All classes FREE to members!

What are "POP-UPS"?

Whether a new class type, holiday themed class or one of your favorites on a different day – these classes pop up each month to bring variety and extra fun to the group fitness schedule. You can find these classes in the newsletter, highlighted on the website and listed in the group fitness schedules.



Masked Yoga
Downtown
October 14th & 28th
Instructor: Janice

Pound / Zumba
Downtown
Thursdays at 5pm

Yoga Sampling
Downtown
Saturdays at 10am

Candlelight Yoga
Valley
October 9th 6:30pm

MOSSA LAUNCHES

NEW MUSIC, NEW MOVES

GROUP POWER
STARTING 10/13 12:05PM
VALLEY & DOWNTOWN

GROUP FIGHT *New Release
STARTING 10/17 11:30am
DOWNTOWN

GROUP CENTERGY
STARTING 10/19 12:05PM
VALLEY

GROUP BLAST
STARTING 10/23 9:30AM
VALLEY

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 HANNAH VOGT

Personal Trainer



West & Club For Women

Level: Advanced

Specialties: Weight Loss, Functional Movement/
Flexibility, Nutrition

Certifications and Education: NASM certified
Personal Trainer, American Red Cross Water Safety
Instructor, American Red Cross AED/CPR & First Aid
Certified, undergrad in Nutrition and Dietetics.

Professional Experience: Swim coach/Water
aerobics instructor for 3 years

Philosophy on Exercise: Strive to train your body
and mind. A few small changes can go a long way in
increasing the quality of life and overall well being.

"I've been working with Hannah 1-2 times per week for just over a year. She has helped me turn exercise into something enjoyable and even something I can feel proud of, which has never happened before. I especially appreciate her encouragement and flexibility i scheduling home workouts via Zoom and even outdoor workouts during COVID. Instead of losing ground over the last six months, I have actually made progress. It feels great to be doing something positive for my health during an uncertain time. Thank you Hanna!" - Annie

To book an appointment, visit
TheAlaskaClub.com/Personal-Training

THEALASKACLUB.COM



**DOWNLOAD
OUR APP**

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



OCTOBER APP CHALLENGES

October Rocktober Fitness Challenge:

Time to Rock out some killer workouts! Log 20 club-related workouts between Oct 1 - 31 (cardio, strength, classes, virtual classes, team training, personal training sessions). All those that meet the challenge will be put into a drawing for \$100 gift card to The Alaska Club Pro shop. Sign up via The Alaska Club app.



ROCKTOBER



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.**

EXERCISE OF THE MONTH



Split Squat to Over Head Press:

The Move: Split Squat with Overhead Press

Hold a dumbbell in each hand at shoulder level (elbows bent, as shown), step your right foot forward so your legs are in a staggered stance, and squat down. Press both weights overhead as you stand up. Do 5-8 reps, then switch your leg positions and do 5-8 more.

Benefits: vertical pressing and knee dominant strength, conditioning.

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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