



Member Newsletter

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MARCH MADNESS

SOUTHCENTRAL MARCH 2020

STRAIGHT FROM THE BLOG THEALASKACLUB.COM/BLOG

How to Get a Good Workout in Bad Weather

By Sheila Olson

You like to exercise outdoors and enjoy the fresh air, nature, and that feeling after a good run. But what do you do when it's too cold out? Some bad weather is okay to exercise in with proper precautions, such as appropriate clothing, lights on your bike, and reflective strips so people can see you. Sometimes, though, it's too darn cold to work out safely. Here are some tips for taking your warm-weather exercise routine into cold weather and indoors when necessary.

First, realize that keeping yourself warm and dry is the most important aspect of your exercise routine, even if you're running or cycling in the rain. You need a plan for getting dry as quickly as possible so you're not losing body heat from damp clothing. The answer to this problem is layering. Whether you're running in rainy or cold weather, dry air, your exercise routine will cause you to sweat. You need layers of clothing that you can add or take off as your body heats up and cools down. Start with a thin, synthetic layer of material that draws sweat away from your body. Layer fleece or wool clothing over that for warmth, followed by a waterproof, breathable outer layer. Make sure you have protective clothing for your hands, feet, face, ears, and head to keep yourself warm. If you'll be in snow, don't forget sunglasses and sunscreen to protect you from the sun's rays bouncing off the snow, as well as lip balm with UVA and UVB protection. Be sure you're well hydrated, even if you don't feel thirsty.

One tip for working out in cold weather is to do your warm-up inside. That way you're getting limber and stretched out in a body-friendly environment before tackling the cold. You might consider switching your exercise to seasonal activities such as snowshoeing, skiing, mountain biking, etc. Vary your routine and location to really enjoy the winter weather, while keeping someone informed of where you'll be and how long you'll be gone.

Once it gets too cold, you really need to move your workout indoors. If the wind chill is extreme or the temperature is well below freezing, you don't want to be outside. If you like to run or bike long distances and will be in the cold for a long time, or if you have asthma, poor circulation, or a heart condition, you should reconsider exercising outdoors when temps dip below freezing. If it's rainy as well as cold, you're battling multiple elements and an added danger of drivers not seeing you. Better to stay indoors and alter your exercises.

The good news is that you can get a great workout indoors. You might find an off-peak season special at your local gym or fitness center if you prefer that, or you can get a good workout at home. You can create your own gym with your favorite machines, use equipment that is based on resistance and not mechanics (think jump rope, resistance bands, dumbbells, etc.), or go completely equipment-less and work out using your own body weight on a yoga mat or other padded surface. If that's not interesting enough for you, find a good yoga class online or dance the calories away. Any of these workouts can keep you fit and trim while staying indoors.



Cold weather is no reason to skip your workout, but it does require thoughtful planning in order to keep you warm and dry. If you're determined to keep exercising outdoors despite the cold, be sure to check the weather forecast so that you can be prepared for whatever comes your way. Stay warm, stay safe, and stay fit.

CONGRATULATIONS TEAM #7!



The Alaska Club is a proud sponsor of Team #7 (Aklestad & Olstad), who took 1st place in last month's Iron Dog Race. Congratulations team!

DID YOU KNOW?

The Alaska Club has 14 locations throughout the state of Alaska.

WHY YOU SHOULD STRETCH AFTER A WORKOUT

Reviewed by Dr. Frantisek Vismont

Flexibility is as important as strength and endurance. Regular stretching helps increase the range of muscle motion around the joints.

This contributes to:

- Increased productivity when exercising
- Lower risk of musculoskeletal system injury when exercising and in daily life
- Stress reduction during muscle training and post-workout tension relief
- Improved body posture due to the elongation of certain target muscle groups (a constant static position can encourage slouching)

The best time for stretching is at the end of your workout because your muscles are relaxed and warmed up (i.e., have the maximum elasticity).

YOUTH ACTIVITIES

KIDS CAMPS

IN SERVICE CAMP: MARCH 6

The Alaska Club South & Eagle River

Standard Hours: 9am - 4pm

Price: \$50/member and \$60/nonmember per day

Extended Hours: 7:30am-5:30pm

Price: \$62/member and \$72/nonmember per day

SPRING BREAK CAMP: MARCH 9-13

The Alaska Club South, East & Eagle River

Standard Hours: 9am - 4pm

Full Week Price: \$184/member and \$204/nonmember

Single Day Price: \$50/member and \$60/nonmember per day

Extended Hours: 7:30am-5:30pm

Full Week Price: \$244/member and \$264/nonmember

Single Day Price: \$62/member and \$72/nonmember per day

Please bring your own lunch and 2 snacks.

Bring a swimsuit. We swim everyday!

For more information on camps, call 907-365-7393 or visit TheAlaskaClub.com/camps to enroll, DCA accepted at East.

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

Starfish Academy offers lessons for swimmers of every age and level. New classes start every month. Members and nonmembers welcome. Group, semi-private, and private lessons are available.

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



BIRTHDAY PARTIES: TIME FOR FUN!

Whether it's a birthday party or just a fun night out for the kids, The Alaska Club is the perfect place for any celebration. We offer an active and entertaining environment to make the day unforgettable! It's easy, affordable and we do most of the work. Our staff will assist you with everything from set up to clean up.

Visit TheAlaskaClub.com/parties for more information, or call 365-7393 to book your party today!

FAMILY FUN NIGHT - MARCH 18

A night filled with fun activities for all ages! Games, prizes, workouts, crafts, and much more... **FREE for members and guests!**

Join us on the 3rd Wednesday of every month:

South: 4-7pm

East: 4-7pm

Eagle River: 5-8pm

Wasilla: 4-7pm

YOUTH MARTIAL ARTS PROGRAMS:

SOUTH

SHOTOKAN

Martial Arts training including punches, kicks and forms.

Mon & Wed 5pm-5:50pm, Fri 6pm-6:50pm

Ages 8+ | Instructor: Pat Andrews

Members \$35/month | Nonmembers \$55/month

KARATE KIDS

Introduction to Martial Arts training.

Mon 6pm-6:45pm | Ages 5-7

Members \$20/month | Nonmembers \$40/month

EAGLE RIVER

JUJITSU GAMES

Mon & Wed | 6pm-7pm

Ages 6-12 | Instructor: Marzel

Members \$35/month | Nonmembers \$55/month

WEE WARRIORS

Mon & Wed | 5:30-6pm

Ages 3-5 | Instructor: Marzel

Members \$20/month | Nonmembers \$50/month

FOR MORE INFORMATION AND ACTIVITIES, VISIT WWW.THEALASKACLUB.COM/KIDS



IN THE MIX

RECIPE OF THE MONTH



BERRY CHIA OVERNIGHT OATS

Mornings just got 100x better and that's a fact. This is an oats-meets-smoothie-meets-chia pudding mash-up in the best possible way. It's pink, it's pretty and you can put it in a stemless wine glass and feel fancy! Waking up can be fun...

INGREDIENTS

- 1/2 cup Quaker Oats rolled oats
- 1/4 cup chia seeds
- 1 cup milk or water
- pinch of salt and cinnamon
- maple syrup or other sweetener to taste
- 1 cup frozen berries of choice (or yesterday's smoothie leftovers)
- yogurt for topping
- berries for topping

INSTRUCTIONS

- 1 - Place the oats, seeds, milk, salt and cinnamon in a jar with a lid. Refrigerate overnight.
- 2 - Puree the berries. (I usually incorporate this into my smoothie routine, so I either use leftover smoothie or just blend up a huge smoothie batch so I have a little extra for the oats. You don't HAVE to do this, but it's a nice way to add some fruit and color.)
- 3 - Stir oats with your frozen berry puree, top with yogurt and more berries, nuts, honey, whatever you like.

HIGHLY recommend making this in batches, usually do 3 at a time, all in individual jars for easy grab and go breakfasts.

pinchofyum.com/chia-overnight-oats

MARCH POP-UP CLASSES

FREE for fitness members!
No registration required, just pop in!
TheAlaskaClub.com/PopUp-Classes
for Pop-up dates, times and locations.

EAGLE RIVER

ZUMBA RHYTHMS

Thursday, March 19th 7:05-8PM

Learn while you burn in Zumba Rhythms. We'll cover a variety of techniques and rhythms designed to help you improve your groove.

Instructor: Suzy S.

WEST

ST. PADDY'S POUND PARTY

Thursday, March 19th 6:45-7:30PM

Put on your best green workout wear and come sham-rock out in this total body cardio/strength jam session using lightly weighted RipStix.

Instructor: Kim P.

WORLD OF DANCE U-JAM HOUSE PARTIES
Come to all 3 house parties and win a prize!

SOUTH: March 20th

6:30-7PM - Choreo Breakdown

7-8PM - Dance Party

8-9PM - After Party

WEST: March 29th 2-3PM

EAST: March 25th

5:10-5:30PM - Choreo Breakdown

5:30-6:30PM - Dance Party

For class descriptions and more, go to
TheAlaskaClub.com/Popup-Classes

SPOTLIGHT ON STACEY LEDGERWOOD



Meet Stacey Ledgerwood, fitness extraordinaire and the New Fitness Director at West & Club for Women. Stacey has been with The Alaska Club for more than 5 years as a Personal Trainer, Group Fitness and Cycle Instructor and is currently teaching the Revolutions Boot Camps in March and

April. Stacey specializes in Weight Loss, Functional Training & Strength Training. She is an NFPT certified Personal Trainer, certified Mossa Group Fitness & R30 Instructor, as well as certified in CPR & AED.

She also holds TRX/Rip certifications. Stacey is a health and fitness enthusiast with a personal desire to assist others with health and wellness goals and event training. Her fitness philosophy is to live an intentional and preventative lifestyle that incorporates nutrition, exercise and rest. You can contact Stacey at sledgerwood@thealaskaclub.com.

CLUB WORKSHOPS + PROGRAMS

Register via any front desk, online at www.thealaskaclub.com/events, via our reservation specialists at 907-365-7393 or callcenter@thealaskaclub.com

DOWNTOWN

AIKIDO - Martial Arts training including punches, kicks and throws.

Mon & Wed 6pm-7:30pm | Ages 18+

Instructors: Derek & Rachelle Reynolds

Members \$20/month

Nonmembers \$50/month

SOUTH

TAI CHI

Martial Arts training using Tai Chi forms focusing on improved movement, flexibility, strength and mental sharpness.

Mon, Wed, Fri 8am-9am Ages 18+

Instructor: Iklim Goksel

Members \$75/month

Nonmembers \$125/month

PICKLEBALL CLINICS

Fridays 7:30am-9am Coach: Matthew Ezell
Members \$10/class Nonmembers \$25/class

EAGLE RIVER

TRI-SPORT SWIM

Swim coaching for Tri-sport preparation.

Tues & Thurs 10am-11am

Coach: Shelene Sainsbury

Members \$40/month

Nonmembers \$125/month

EAST

SWIM CLINIC

Swim coaching for Tri-sport preparation.

Sunday, March 29th 8am-9:30am

Coach: Lisa Wilson

Members \$15 Nonmembers \$25

WEST

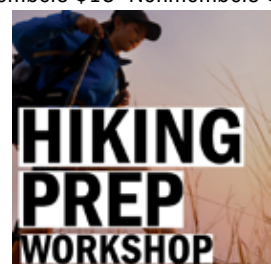
HIKING PREP WORKSHOP

Focus on endurance conditioning and injury prevention to be ready to enjoy the mountains this summer.

Thursday, March 26th 6:50pm-8pm

Instructor: Alec Kay, Physical Therapist

Members \$15 Nonmembers \$30





MARCH APP CHALLENGE

Iditarod: Mush The Miles

The 2020 Iditarod uses the North course, which covers 975 miles. Your challenge is to log one minute for every mile of the course (975 minutes = 16.25 hours). Register via the club app. All successful challenge participants will be entered into a drawing to win 2, one hour PT sessions.

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



2020 ALASKA INDOOR TRIATHLON SERIES ||| JANUARY - APRIL

Swim & Run Event

Sunday, March 22nd 8am - Noon The Alaska Club East
Register at <https://turnagaintraining.com/races/indoortrieries/>
Packet pick-up is Friday, March 20th, 4pm-6pm at the The Alaska Club East.



Splash & Dash Youth Event

Friday, March 20th 4-8pm Ages 4-17
Swim in the pool and run in the gym at The Alaska Club East.
Register at <https://turnagaintraining.com/races/alaska-indoor-splash-n-dash/>

REVOLUTIONS BOOTCAMP ||| AT WEST

TAUGHT BY STACEY LEDGERWOOD

Month long training program to increase metabolism, keep lean mass, decrease body fat, set goals and see results.

March 17th - April 2nd Tues & Thurs @ 11am or 4:30pm Members \$150 Nonmembers \$200

COMING UP ||| THE ALASKA RELAY

JUNE 5TH & 6TH

200 miles of what now? Remember those great road trips with friends? The adventure? The life long inside jokes? That thing that happened at that place that we still don't talk about? This relay brings all of the fun of a road trip with your friends, and combines it with your passion for running. We design relay race courses and bring the talent to put the whole thing on so you can pile into a van or RV with your friends and have an adventure of a lifetime!



Register online at www.thealaskarelay.com/registration

EXERCISE OF THE MONTH



Upper Body - Dumbbell Incline Bicep Curl

- 1) Sit on an incline bench with arms hanging and dumbbells in both hands, palms facing in.
- 2) Use a comfortable weight level, curl the weights up to shoulder level, while turning your wrist so that you palms face upwards at the top.
- 3) You can do both arms at the same time or alternate. Complete 3 sets of 10 each side. Rest in between each set for 60 seconds.

GET MOVING ||| IN MARCH

SUNDAY	MAR 1	FUR RONDY - RONDY DASH
FRIDAY	MAR 6-8	FUR RONDY - WORLD CHAMPIONSHIP OUTDOOR HOCKEY TOURNAMENT
SATURDAY	MAR 7	FUR RONDY - RUNNING WITH THE CRITTERS
SATURDAY	MAR 7	FUR RONDY - RUNNING OF THE REINDEER
SUNDAY	MAR 8	FUR RONDY - TOUR OF ANCHORAGE (SKI & BIKE)
SATURDAY	MAR 14	SKINNY RAVEN: SHAMROCK SHUFFLE
SATURDAY	MAR 14	ALASKA RAILROAD SKI TRAIN
WEDNESDAY	MAR 18	FAMILY FUN NIGHT
FRIDAY	MAR 27-29	MAT-SU OUTDOORSMAN SHOW

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



THE ALASKA CLUB