



# Member Newsletter



## IN THIS ISSUE

**T**is the season to be thankful. And The Alaska Club thanks you for being a member. Maintaining one's fitness routine during the busy holidays can help keep the stress level, and waist line, in check. There are lots of activities at the club to keep you and your family moving: group fitness classes, cycling, swimming, tennis, and more. Look for more events in our ongoing events to support Augie's Quest and the cure for ALS. Three FREE guest passes are being sent to all members so bring a friend and work out together. Keeping fitness fun and social is key to making it a lifelong habit.

## WORKOUT **AND WIN** WITH FRIENDS

REFER FRIENDS & YOU'LL BE ENTERED TO WIN AN iPad Mini 3!

Refer a friend to The Alaska Club by giving them a free guest pass. When your friend uses a pass, you will automatically be entered to win an iPad Mini 3! If your friend joins, they are eligible for an exclusive membership offer, and you'll get an The Alaska Club day pack. It's a win-win!



### West Remodel:

We are remodeling our existing space to include a new group fitness studio and we are adding space to include men's and women's locker. Completion mid November.

### South remodel

is in full gear. At this time the weight room is staged in the gym and the group fitness room is in the old weight room. The Turf field is open for family use. Access to the cardio

room is through the walking track. The new 7500 sq ft cardio/weight room has an expected completion date in late November. Following the completion of the cardio/weight room, the existing cardio room will be renovated to become the primary group fitness room, the secondary group fitness room will be in the current group fitness room (in the old weight room). The gymnasium will have new flooring installed and a lounge will be added near the front entry. Capital Improvement Projects have been ongoing through the fall. Thank you to all of our members for your patience and consideration during our transition.

ROAD SIGN



# FAMILY FUN NIGHT

## *Fitness Feast*

Wednesday, Nov. 12  
5-9pm

Join us for games, workouts,  
crafts & more for the whole family!  
**SOUTH**

### OPEN SWIM

**South**  
For the whole family!  
Friday Nov. 28  
10:30-12:00, 1:30-3, 4:30-6 and  
7:15-9pm

### STARFISH ACADEMY

Swim Lessons



Session III  
Registration November 5-8  
Class times posted November 12

**Session III Dates:**  
Mon/Wed: Nov.17-Dec10  
Tue/Thur: Nov.18-Dec.16 (no class Nov.27)  
Friday: Nov.14-Dec.12 (no class Nov.28)  
Saturday: Nov.15-Dec.13 (no class Nov.29)

WEDNESDAY 12 FAMILY FUN NIGHT  
THURSDAY 20 FREE GUEST DAY  
THURSDAY 27 SOUTH CLOSED  
28 & 29 NO SWIM LESSONS



S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

## 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 / FOR WOMEN · 1450 WEST NORTHERN LIGHTS BOULEVARD · 264-2700 / DOWNTOWN · 701 W. 8TH AVENUE, STE 100 · 274-4232 / MIDTOWN 630 E. TUDOR ROAD 562-2460 EXPRESS JEWEL LAKE · 3841 W. DIMOND BOULEVARD · 245-2223 / EXPRESS MULDOON 7731 E. NORTHERN LIGHTS BOULEVARD 338-2639 / EAGLE RIVER · 12001 BUSINESS BOULEVARD · 694-6677 / **WASILLA** VALLEY · 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

## INSANITY

Mon/Wed/Fri  
6:15-7:05am, Instructor: Jonal  
4:40-5:20pm, Instructor: Holly

FREE members, \$10 nonmembers

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. INSANITY pushes to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. For more information, contact Group Fitness Director, Cheryl Warwick 458-1740.



### KICKS FOR KIDS

**South**  
Help us get shoes to kids who need them the most.  
Kicks for Kids is a program that focuses on donating used sneakers to kids in need. The sneakers are then cleaned and distributed to where they are needed the most. We work with the schools themselves to give the shoes directly to kids. Your donations are greatly appreciated; Thank you for your support.



## TENNIS WITH TENNIS PRO CAROL WOODARD

Registration is available at South Member Support Desk. For further information or assistance with registration please contact Coach Carol at 978-4927.

### Beginner Tennis for Adults

Tuesdays  
Nov.11-Dec.2  
7-8:30pm

### Strokes & Strategies for Adult player

Fridays  
Nov.21-Dec.12  
7-8:30pm

### KIDS TENNIS

Saturdays  
Nov.22-Dec.13  
**Tiny Tots**, 3-5 years old  
12:30-1pm  
**Junior Player Development I**, 6-9 years  
1-2pm  
**Junior Player Development II**, 10-12 years  
2-3pm  
**Teen Tennis**, 13-17 years  
4-5:30pm

### ROUND ROBIN TENNIS

Level 3.5-4.5  
Saturday  
Dec.13  
7-9pm  
\$25 member, \$30 nonmember

### TENNIS TOURNAMENT TURKEY MIXED DOUBLES

Entry Deadline: November 12  
Nov.14 5-9:30pm  
Nov.15 8:30am-1pm & 3-9pm  
Member \$20 + \$10 for each event  
Nonmember \$30 + \$10 for each event

