



Member Newsletter

JUNEAU OCTOBER 2015

IN THIS ISSUE

NEW GROUP FITNESS RELEASES!

SEMINAR WITH DR. KANE
CHANGE YOUR DIET TO PREVENT CANCER

SUPER SATURDAY
BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness month and The Alaska Club will host a ZUMBATHON® to support for the cause. Experience a new workout this month and join an October group fitness new release with all new music, new moves and fun. See how working out for a cause can bring meaning to a healthy lifestyle on the journey to health and wellness.

COMMUNITY

OCTOBER SUPER SATURDAY + BREAST CANCER AWARENESS



Join us for the launch of October's new group fitness routines and cancer awareness events. Learn new moves, get pumped to new music, raise funds for Juneau's own Cancer Connection, and be sure to wear PINK! Pick up a flyer with all the events at the front desk.



FAMILY FUN NIGHT

Wednesday, October 21 | 4-7PM



FREE GUEST DAY

Thursday, October 22



FALL ACTIVITY GUIDE

Available online at thealaskaclub.com



NEW DANCE

Fall Classes with Janice Hurley
Register online now.

Max of 10 students per class.

PRE BALLET/BALLET I

Ages 6-8 yrs
Wednesdays 3:30-4:30pm
September 16 - November 18
10 Sessions
Members \$60 | Nonmembers \$120

BALLET II

Ages 8-12 yrs
Mondays 3:30-4:45pm
September 14 - November 16
10 Sessions
Members \$70 | Nonmembers \$140

BALLET WORKOUT

Adults
Fridays 10:10-11:10am
September 18 - November 20
10 Sessions
Members \$60 | Nonmembers \$120

CHECK OUT ALL THE NEW KIDS AND ADULT GROUP
FITNESS SCHEDULES ONLINE: THEALASKACLUB.COM

NEW YOUTH GROUP FITNESS CLASS VALLEY

JUNIOR JAMS AND DANCE

Mondays | 6:20pm | Lower Studio with Rose
Members FREE

KIDS IN MOTION

Wednesdays | 5:15pm | Lower Studio with Rose
Members FREE

YOUTH YOGA

Thursdays | 5:15pm | Lower Studio with Rose
Members FREE
Youth Yoga will give children the opportunity to explore within; to take the time to check in with their bodies and minds. The class will include appropriate breathing exercises and yoga poses that will allow each child to feel and listen to their own bodies without competition, judgment, and without expectations.

If you are interested in signing up for any classes please register at member support desk. If you need further information contact Becky Thomas at 364-4321 or rthomas@thealaskaclub.com



SEP 1-OCT 31

Family Fitness Challenge on Instagram. Post photos of you and Friends/Family working out together @thealaskaclub on Instagram. Post a photo to your account with the hashtag #FamilyFitnessFunTAC and we'll enter your Family into a drawing for a Free birthday Pool Party! We'll draw a winner at the end of each month from Sep-Oct.

FRIDAY	9	NEW GROUP RIDE RELEASE!
SATURDAY	10	NEW GROUP BLAST, POWER, FIGHT & CENTERGY RELEASE!
		HEALTH & WELLNESS SEMINAR
SUNDAY	11	TWO HOUR CANCER RIDE WITH TERRY // INTRO TO YOGA
WEDNESDAY	21	FAMILY FUN NIGHT 4-7PM // FREE FOR MEMBERS AND GUESTS
		FREE CLASSES, GAMES AND FUN FOR EVERYONE!
THURSDAY	22	FREE GUEST DAY
SATURDAY	31	KETTLE BELL BODY BLAST
SATURDAY	31	HAPPY HALLOWEEN

HEALTH AND WELLNESS SEMINAR DR. EMILY KANE

Saturday, October 10 | 12:15-1:15pm | Valley
Topic - Change your diet to prevent cancer.
Members \$5 | Nonmembers \$15

"Tis' the season to put on a few pounds"... Let's skip that this year, OK? Learn some tried and true tricks to not gain weight over the holiday season. Does this involve some self restraint? Yes, of course. But also learn which foods will fill you up with fewer calories, and how to time eating and drinking to reduce energy storage (meaning love handles).



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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



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