

YOGA IN THE PARK

FREE & OPEN TO THE PUBLIC

GRIFFIN PARK

TUESDAYS @ 5:30-6:30PM

6/4/19 – 7/2/19



Member Newsletter

IN THIS ISSUE

NEW SUMMER HOURS

June Events

Yoga In The Park

New Group Fitness & Pool Schedules

Team Training Schedule Summer Refresh

Summer Fun Camp · REGISTER NOW

HAPPY FATHER'S DAY

FAIRBANKS JUNE 2019

HAPPY FATHER'S DAY! The weather is warming up and the days are getting longer, so it's time to lace up our running shoes, break out our bikes and get ready for summer! Whether you're playing on a softball team or training for an upcoming race, you're undoubtedly spending more time outdoors. Remember to maintain your strength and cardio routines inside to help improve your performance outside. See what our NEW SUMMER GROUP FITNESS class schedules have to offer you and your family. Yoga is a great activity to keep your mind and body balanced and strong. Join us for Yoga in the Park from 6-7pm every Tuesday starting June 4 at Griffin Park. To learn more, visit TheAlaskaClub.com

NEWS TO USE

GET THE ALASKA CLUB APP EARN MORE POINTS

BY REFERRING A FRIEND

Join the rewards program this month and send your friend a 3-day pass. If they join, you'll receive 500 Reward Points!

Available from the iTunes Store & Google Play Store.

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule Classes
- Club Check-in
- Real-time Notifications

PROUD SPONSORS EVENTS

YOGA IN THE PARK

Griffin Park

Tuesdays, June 4 - August 6, 6-7pm

Come Om with us all summer long! Free and open to the public.

For more information, visit TheAlaskaClub.com/Yoga-in-the-Park



MIDNIGHT SUN FESTIVAL

Downtown Fairbanks

Sunday, June 23, 12am-12pm

This annual event is held on the Sunday closest to the summer solstice and sees more than 30,000 people pack downtown for twelve hours of fun under the midnight sun!

For more information, go to DowntownFairbanks.com



SUMMER FUN CAMP

MAY – AUG

NONMEMBERS WELCOME

SINGLE DAY & WEEK OPTIONS!

AGES 5-12

THEALASKACLUB.COM/CAMPS

(907) 365-7393





JUNE 1 - JULY 31
(2 month challenge)

Let's make sure we're keeping our strength on point while we are enjoying our amazing Alaska summer.

Your goal is to log at least 16 strength workouts between June and July 31. Using the app, manually enter your workout as weight training or Group Power, and you could win a \$150 gift certificate to Alaska Home Fitness Equipment!



JUNE 1 - JUNE 30

Sunshine Zen Shine Yoga App Challenge! Join the challenge and participate in at least 10 yoga classes in June.

Attending Yoga In The Park will count as two classes. Manually enter the workouts using Yoga In The Park or Yoga. Note: "Yoga" counts for all yoga classes, Group Centergy and Pi Yo. You could win a yoga mat and customized water bottle!

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



THE ALASKA CLUB

FAMILY FUN NIGHT SUMMER FUN

Wednesday, June 19
5-8pm at Fairbanks South
TheAlaskaClub.com/Kids



FATHER'S DAY SPECIAL

Bring the Father in your life to The Alaska Club & if he's not a member, he gets in for free!

Dads get 2 hours of free child care on Father's Day!

BIRTHDAY PARTIES

Book your birthday party at The Alaska Club, it's the perfect place for any celebration. It's easy, affordable and we do most of the work. Come visit us at the South Club, or call (907)-365-7393 to book your party today!

PLAY BALL!

Join The Alaska Club for a night out at the ballgame **MONDAY, JULY 15** WITH THE FAIRBANKS GOLDPANNERS



APP CHALLENGE | STARTS JUNE 1 | ENDS JULY 31

- NOW-AUG ENROLL NOW - SUMMER FUN CAMP @ FAIRBANKS SOUTH
- TUESDAY 4 YOGA IN THE PARK @ GRIFFIN PARK - EVERY TUESDAY
- SUNDAY 16 HAPPY FATHER'S DAY
- WEDNESDAY 19 FAMILY FUN NIGHT

LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EASTTUDOR 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 / STUDIO · 3841 W. DIMOND BOULEVARD · 245-2223 / JEWEL LAKE · 3841 W. DIMOND BOULEVARD / 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