



THE ALASKA CLUB

Member Newsletter

November 2003



BAC-PAK Program

(Building Activity Choices for Physically Active Kids)

This program is designed for the home-schooled student age 5 - 15 looking for activities and instruction in a variety of sports. Classes are held at various Anchorage-area clubs.

Instructor: Matt Peterson

Classes are one-hour and will cover a variety of topics each day. Students will be taught: the importance of warming up, stretching, rules of each game, mechanics of their movements and team relationships. The skill-building, non-competitive play will make any student enthusiastic about continuing physical activity for lifetime fitness. Parents may request a skills assessment for their child.

Matt teaches PE classes and coaches sports for the Anchorage School District. He is an accredited and certified PE Instructor with a dedication and enthusiasm for working with youth.

Sessions run three or four weeks and costs range from \$70 to \$120. There is a daily drop-in fee of \$10 (if space allows).

For more information, pick up a flyer with complete class listings at any Club or at www.thealaskaclub.com.
Questions? Call Anita at 562-2460 ext. 106.

TREKKING

West Club:
Monday/Wednesday
from 9:30 - 10:30am
November 3 - 26

Eagle River Club:
Monday/Wednesday
from 11am - Noon
November 3 - 26

Club For Women:
Monday/Wednesday
from 9:30 - 10:30am
November 3 - 26

South Club:
Tuesday/Thursday
from Noon - 1pm
November 4 - Dec. 2

Cost: \$30 members

Enjoy a 45-minute cardiovascular workout twice a week for four weeks while being motivated and encouraged by a professional instructor. Learn warm up, cool down, stretches, heart rate training and proper posture. The class finishes with abdominal and lower back strengthening exercises to complete the workout.

Sign up at one of the clubs listed above.
Questions? Call Anita at 562-2460 ext. 106.

Cheerleading Camp

The Alaska Club Valley

Saturday, November 22

Age 6 - 11 from 9am - 1pm, Age 12 + up from 2 - 6pm

\$30 Members, \$45 Nonmembers

This is a time for fun, fitness, dance and cheers. Boys and girls will learn proper warm-up, stretches, jumping techniques, conditioning, flexibility and strength moves.

Instructor Taleen Mikulenska cheered throughout high school and college. She was a Universal Cheerleading Instructor for 6 years, where she traveled throughout the country. Sign up at the Valley front desk. Call 562-2460 ext. 106 for more information.

Free Racquetball Clinics

Backhand Strokes with Ben Cuaresma
Monday, November 3 at Midtown, 6:30pm
Tuesday, November 4 at East, 6:30pm

These clinics are open to members and nonmembers.
Come dressed to play with clean court shoes. No sign-up is necessary!

Never Played Racquetball Clinic with Tom Hood

The Alaska Club Valley
Saturday, November 8 from 1 - 2:30pm
This clinic is limited to 6 participants. Call 330-0125
and leave name & phone number to register.

Four Wall Turkey Brawl Racquetball Tournament

The Alaska Club Midtown
November 12 - 16
Deadline to enter: Friday, November 7

Entry forms for all racquetball programs & tournaments are available
at East, Midtown or online at www.thealaskaclub.com.

**For more information on racquetball programs,
call Renee Arturo at 330-0125.**

Racquetball



November Special

**Unlimited
Tanning
for the entire
month
of November
for only \$30!**

*Sign up for this
special offer at
the front desk of
your choice.*

Free Squash Clinics

The Alaska Club East
Wednesday, November 19 from 6 - 7pm
Tuesday, December 2 from 6 - 7pm

Clinics are limited to 4 players.
To register, call Bob Landau
at 272-2266.

Holiday Squash Tournament

The Alaska Club East
December 4 - 7, 2003
Deadline to enter: Monday, December 1
Divisions offered: Novice, Intermediate
and Open.

New Dunlop Max Blue ball for Novice
players. Cost is just \$10! Entry forms
are available at East or online at
www.thealaskaclub.com.

**For more squash information,
contact Bob Landau at 272-2266.**

The Alaska Club Tennis Championships

The Alaska Club North
November 1 - 16
Saturday and Sundays, all day
Monday - Friday after 6pm

Lots of great matches - come on over and watch
this annual tournament for Club members only!

High School Varsity All-Day Tennis Event

The Alaska Club East
Friday, November 7 from 10am - 5pm
Cost: \$5

Join us for this one-day tennis event with singles &
doubles play. Trophies will be awarded to the player who wins the
most sets & who plays the most sets!

Ladies' Round Robin

The Alaska Club North
Friday, November 7 from 6 - 8pm
Cost: \$10 + bring a dish to share
Ladies, join us for 4.0 - 4.5 round robin tennis and potluck. Call Pat
Crossman at 278-3621 to sign up for this fun event.

**Note: Anchorage School District in-service/vacation days are
November 7 and 11.**

For more tennis information, call Cathy Tracy at 330-0146.

Tennis



Tribal Belly Dancing

The Alaska Club East
Thursdays, November 6, 20 and
December 4, 11, 18 from 7:15 - 8:30pm
Free for gold members, \$20/month for
silver & economy, \$40 for nonmembers

Learn to condition your core in this fun format designed for those who have never tried belly dancing before. Gold members do not need to register; all others must register at the East front desk.

Karate Kids

The Alaska Club South
Fridays, November 7 - December 12
6:45 - 7:45pm
Cost: \$30
Call 330-0115 to register.



Adult CPR/AED Class

The Alaska Club East
Saturday, November 8 from 1 - 4:30pm
Cost: \$20 members, \$35 nonmembers
Call 330-0115 to register.

Lap Lane Closure

The Alaska Club East Pool
Sunday, November 16 from 2:45 - 4pm
All lap lanes will be closed during this time to accommodate aqua training for our instructors. Thank you for your patience.

Advanced Yoga Practice with David Luce

The Alaska Club West
Fridays, November 28 - December 19 from 7 - 8:15pm
Cost: \$40 members, \$55 nonmembers
Six months of yoga practice is required for this class which focuses on advanced technique of core postures and inversions. Call 330-0115 to register. Class size limited.

Thanksgiving Class Cancellations

No classes on Thanksgiving, Thursday, November 27.
These classes are cancelled on Friday, November 28:

Eagle River	5:45am	Step
South	5:45am	YogaFit
East	6am	Hi/Lo Cardio and H2deeper0bics
West	6am	Group Cycling
Downtown	12:10pm	Muscle Fitness
Downtown	5:30pm	YogaFit

Sport Safety Training

The Alaska Club East
Saturday, December 6 from 9am - 5pm
Cost: \$40 members, \$55 nonmembers
Ideal for coaches, this class provides guidelines for identifying and preventing hazards as well as providing care for emergencies. Certification for Sport Safety and Adult CPR will be provided by The American Red Cross. There is an extra \$5 fee for day-of-class registration. Class size is limited. Register at the East front desk.

Voted Best in Anchorage!

Congratulations to kickboxing instructor Bobby Agron, who was voted as 2003's Best Fitness Instructor by the readers of the *Anchorage Press*. Catch Bobby in action Tuesday evenings at Midtown for Cardio Kickboxing, and on Thursdays for Ringside Kickboxing.

For more Group Fitness information, call Janet Warner at 330-0115.

Group Fitness

All-Stars

Rachel Marcheginani

Kids' Play Center • Eagle River

Rachel has been with The Alaska Club for over a year and is a wonderful asset to the Eagle River team. She is reliable and friendly, and the members look forward to seeing her daily. Her dedication and loyalty to The Alaska Club make her a role model for other team members.

Patrick Curtis

Fitness • East

Patrick is one of the main reasons that the ExpressWay at The Alaska Club East is the Gold Standard in terms of customer service. He is professional, polite and thorough. In his new role as Network ExpressWay Trainer, he is leading through example across the Network. Patrick does everything he can to make our members comfortable, healthy and happy.

Polter Lubation

Clean Team • Midtown

Polter is a crucial member of the Midtown team. His outstanding work ethic and willingness to do what it takes have tremendously improved the overall cleanliness of the club. His positive attitude and initiative have impacted other employees to follow his lead. As a result of his efforts, the fitness department got a perfect score on their most recent cleanliness inspection.

Mary Keeter

Clean Team • Valley

Mary is always willing to go the extra mile to ensure that every job gets done. Her dedication is a shining example to her fellow employees. Along with her Clean Team responsibilities, Mary is a Manager-on-Duty and is required to deal with many different and sometimes difficult situations. Her ability to resolve conflict is a tremendous support to both the members and management.

Flu Shots at The Alaska Club

provided by: Mobile Medical

East	Monday, Nov. 3	4:30 - 7pm
South	Tuesday, Nov. 4	5 - 8pm
Eagle River	Wednesday, Nov. 5	4:30 - 7pm
West	Thursday, Nov. 6	4:30 - 7pm

Costs:	Flu	\$18
	Pneumonia	\$12
	Tetanus	\$12

Call 569-2211 for more information.

November 2003 at The Alaska Club

Saturday	1	The Alaska Club Tennis Championships at North
Monday	3	Trekking class starts at Eagle River and Club for Women Free Racquetball Clinic at Midtown
Tuesday	4	Trekking class starts at South Free Racquetball Clinic at East
Thursday	6	Thursday Tribal Belly Dancing starts at East
Friday	7	High School Varsity All-Day Tennis Event at East Ladies' 4.0 - 4.5 Round Robin Tennis at North Karate Kids starts at South
Saturday	8	Never Played Racquetball Clinic at Valley Adult CPR/AED Class at East
Wednesday	12	Four Wall Turkey Brawl Racquetball Tournament starts at Midtown
Wednesday	19	Free Squash Clinic at East
Saturday	22	Cheerleading Camp at Valley
Thursday	20	Free Guest Day Free Seminar at West: A Natural Approach to SAD
Thursday	27	Thanksgiving Day, all Anchorage locations closed
Friday	28	Free Guest Day Advanced Yoga Practice starts at West

The Alaska Club will be closed

Thanksgiving Day
Thursday, November 27

The West location will close Wednesday evening at midnight and reopen Friday, November 28 at 5am.

Extra
Free Guest Day!

In addition to
Thursday, November 20,
Friday, November 28
is a Free Guest Day.

Bring your friends in for a
day-after-Thanksgiving workout.

Adults age 18 and over
may bring 2 guests.

Personal
TRAINING

20% OFF

individual training sessions
offer expires November 15, 2003.

**For more information, contact the
Personal Training Director at 330-0116.**

**SAD: A Natural
Approach to
Seasonal
Affective Disorder**

Free Seminar

The Alaska Club West

Thursday, November 20 from 6 - 7pm

Please join Dr. David Newirth, a naturopathic physician with the Alaska Family Wellness Center, as he presents "SAD: A Natural Approach to Seasonal Affective Disorder". Dr. Newirth will discuss natural methods of combatting SAD during the upcoming dark, wintry days and nights. Find out what you can do to make this winter more enjoyable, tolerable and not be SAD! This free seminar is open to members and nonmembers. Space is limited, call 264-2734 to register.

ANCHORAGE

North • 700 South Bragaw • 278-3621
South • 10931 O'Malley Centre Drive • 344-6567
East • 5201 East Tudor Road • 337-9550
West • 1400 West Northern Lights Boulevard • 264-2720
For Women • 1450 W. Northern Lights Boulevard • 264-2700
Downtown • 745 West 4th Avenue • 274-4232
Midtown • 630 East Tudor Road • 562-2460
Eagle River • 12001 Business Boulevard • 694-6677

WASILLA

Valley • 1720 East Parks Highway • 376-3300

FAIRBANKS

South • 747 Old Richardson Highway • 452-6801
North • 150 Eagle Avenue • 456-1914

JUNEAU

Valley • 2841 Riverside Drive • 789-2181
Downtown • 641 West Willoughby • 586-5773