



Gotta Get Me Some Exercise

Hiking

Join the Juneau Hiking club for a Wednesday (adults only) or Saturday (family friendly) hike. Call the Parks and Rec department for more details of this week's itinerary. Local volunteer guides show off their favorite places.

Hiking

Mt. Roberts- Mid May thru late September. It's a great walk, nice trail; takes between 1.25-2 hours. Elevation is 1800 ft. You can walk to the top of the tram and celebrate with a beer! Buy \$10 of food/drink/gifts and tram down for free.

Golf

Get out your rainboots and enjoy our 9 holes, 3 par creeping bent grass greens with a glimpse of the Glacier. Certificate of play is available.

Tennis

The gym has indoor courts and Cope Park downtown has outdoor courts. Your balls may slosh around in puddles

Skiing

Hit the slopes at Eaglecrest Ski area. Its 9 miles from downtown and you can even hop a bus there and back. A great city owned Juneau amenity.

Swimming

Augustus Brown Pool for lap swim, aqua aerobics, weights, sauna

Bicycling

Cycle Alaska rents bikes by the hour or the day. The best one is from here to the Mendenhall Glacier. Our city buses hold bicycles so you can bike out and not back. Optional add on: get off the bus – stop at the Brewery for a tour

Kayaking

Alaska Above and Beyond rents single and double kayaks by the hour

Climbing Gym

The Rock Dump: Indoor climbing gym – call for hours

Mountainside Wellness

Group fitness classes such as cycling, barre, circuit, power lifting. www.mountainsidewellness.com

Goals Gym 1248 Glacier Hwy
Weights, cardio machines, pay by the visit. www.juneaugym.com
364-4625

Alaska Club

Weights, cardio machines, pay by the visit. \$15 for a day pass
586-5773

Yoga

Raven Yoga Shala –
www.ashtangayogajuneau.com
907-209-5235

Rainforest Yoga –
www.rainforestyoga.org
907-789-6392

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didn't know about?
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