

## Classes & Activities

### • American Kenpo

Self-defense skills and physical fitness can be a family affair. Gain self-defense skills and increase your overall physical fitness. Offered for those four 1/2 years of age and older.

### • Tang Soo Do

A martial art that combines aspects of Chinese, Japanese and Korean martial arts to provide a strong style traced back over 2000 years. Improve flexibility and mobility, respect for others, self confidence and stress relief.

### • Belly Dance Class

Learn one of the oldest forms of dancing for ages 12 and older. A fun way to get in shape.

### • Zumba Dance and Toning

The Latin-inspired, easy-to-follow, calorie-burning class. Feel the music and let loose. Free children's craft hour during this class. \$8 per class or \$60 punch card for 10 classes.

### • Center Stage Dance Studio

Learn or improve a variety of dance forms. Information call Karen Grotts at 868-3262.

***Yoga & Personal Training also available.  
Call for times & pricing information.***

## Need balloons for a special occasion?

Check out the Ballooney Bin located between ITT and Paradise Cafe.  
Call Arctic Oasis at 552-8529 to place your order.



**It's your Party and we can help! Need space to have your event or birthday?**

Packages include all the basics from color schemes or theme decorated table setting to just table set-up so you can do your own thing! Ask about additional party specials.

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### Massage Therapy

\$30 for 30 minutes

\$50 for 60 minutes

\$75 for 90 minutes

Massages can be scheduled at the Arctic Oasis by calling 552-8529.

Chair Massages  
Walk ins available

- \$10 for 10 minutes
- \$15 for 15 minutes
- \$20 for 20 minutes

### NEW!

*Hot Stone Massage*  
\$75 for 60 minutes  
\$100 for 90 minutes  
*Sound Therapy*  
\$35 for 30 minutes  
*Foot Spa*  
\$40 for 30 minutes



**Monday - Friday  
9 a.m. - 9 p.m.  
Saturday, Sunday  
& Holidays  
Noon - 6 p.m.**

9497 20th Street  
JBER, AK 99506  
552-8529



# PLAY



**Two Indoor Playgrounds** for youth big and small.

**A Fitness Center** overlooking the playgrounds. Get your work out in and let the children enjoy themselves with our activities we have available.



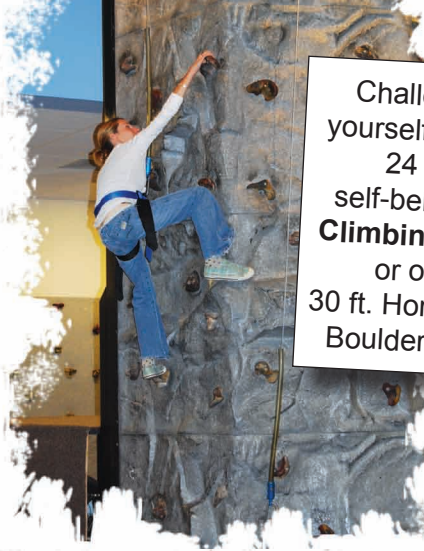
Check out Video Game Center decked out with X-Box 360, Wii's and more.

## Archery Simulator

Cost for the simulator is \$5 per person for half an hour. \$2.50 per every extra person for that half hour. It has a variety of wild game to choose from, bring your own bows or rent our.



# LIKE TO CLIMB?



Challenge yourself to our 24 ft. self-belaying **Climbing Wall** or our 30 ft. Horizontal Boulder wall.



Spend a little time showing off at the **Indoor Skate Park**. All skaters must wear helmets (elbow and knee pads recommended)

# SKATE

Pool, Ping Pong, Foosball & more fun available in the Arcade!  
Take a break at the Cyber Cafe & enjoy **FREE** internet access. Age restrictions apply.

# What's at the Arctic Oasis?



**Indoor 18 hole Mini Golf Course**  
18 holes of family fun. Golf clubs vary in length to meet the need of all ages. Just \$2 per game for children 12 and under and \$3 for adults.

Explore the courses of the world right here through

## Indoor Full-Swing Golf

"All New!" Full Swing Golf. We've upgraded and improved on our systems. With the upgrades, for \$5 per hour per person you can explore many different courses in the system many are familiar with, or the new enhances version! Play with up to 4 people per game, or prorate to a 30 minute game for few quick putts during a lunch break. Bring your own clubs or rent ours for \$5 per hour!



The Full Swing Golf Simulators helps you hone your game even when it is raining cats and dogs or snowing in Alaska.

Kick back and watch TV in the Lounge Area.