



THANKFUL NOVEMBER

Thanksgiving is a time for family, friends, and being thankful for your health and wellness. The Alaska Club is committed to being your partner in helping you to meet your health and wellness goals. Whether it's that super-fun instructor at your favorite group fitness class, encouraging personal trainer who knows you can do 'one more rep', or gifted massage therapist who helps keep your muscles happy after a workout, The Alaska Club is thankful that you've chosen us to be a part of your fitness and wellness routine. Cheers to the start of a happy, healthy holiday season!

NOVEMBER EVENTS

- November 1-30** Food Bank of Alaska's Annual Food Drive
- November 19** Family Fun Night
Annual Holiday Toy Drive Starts
- November 27** Thanksgiving ([Check here for Holiday Hours](#))
24-hour access will be available at most of our clubs on Thanksgiving Day. The Summit and Club for Women are closed on Thanksgiving Day.
- November 27** Skinny Raven Turkey Trot
The Alaska Club is a proud sponsor of the [Skinny Raven Series](#)

Spark Joy For A Foster Child This Holiday Season

The Alaska Club is supporting the Office of Children's Services annual Holiday Toy Drive. Donate a new, unopened, unwrapped gift for a child, birth to 17 years old.

Donation bins will be at East, West, South, Eagle River.
Nov 19-Dec 10.



OFFICE OF
CHILDREN'S
SERVICES



Help Feed Local Families in Need This Holiday Season



FOOD BANK
of ALASKA



[Click to Donate](#)

The Alaska Club is proud to participate in the Food Bank of Alaska's virtual Food Drive in November. Together we can help fight hunger in our community. We thank you for your generosity.



Another way to support the Food Bank of Alaska is by running in Skinny Raven's Annual Turkey Trot on Thanksgiving morning, November 27. [Click here](#) to register for this fun event for the whole family. The Alaska Club is a proud sponsor of the Skinny Raven race series.

ATTITUDE OF GRATITUDE

APP FITNESS CHALLENGE

Grateful for our health, fitness and our club community. Log 15 or more workouts in October. Join the challenge from the club app. You earn 5 points just by joining the challenge.

Manually log your workouts in the app or connect your workout device (Apple Watch or Fitbit) directly to the app for automatic logging.

All those that complete the challenge earn 10 Loyalty Reward points and are entered into a prize drawing to receive 2 months of Membership Plus.

DOWNLOAD THE APP

SEPTEMBER WINNER

EVERYONE THAT COMPLETED THE CHALLENGE!
An extra 50 loyalty reward points were added to all challenge finishers.





COMING SOON

NORDIC SPA AT THE ALASKA CLUB



STEAM ROOM



WATERFALL



**LOUNGE
AREA**



HOT TUB



FIRE PIT



WARM POOL



COLD PLUNGE



SAUNA

INCLUDED WITH GOLD AND PLATINUM MEMBERSHIPS

LOCATED AT: THE ALASKA CLUB EAST - 5201 E TUDOR RD

[LEARN MORE](#)





THE ALASKA CLUB WINTER Camp

@EAST, SOUTH,
EAGLE RIVER, &
FAIRBANKS SOUTH

DECEMBER
22 - 24 & 29 - 31

REGISTER NOW!

SOUTH, & FAIRBANKS SOUTH CAMPS INCLUDE DAILY JUMPING AT FLY!

EXTRA OPEN SWIM SCHEDULE:

NO SCHOOL/IN-SERVICE DAYS, 1-3 PM
(FULL SCHEDULE HERE)

@ SOUTH, EAST AND EAGLE RIVER: NOVEMBER 11 & 28

@ WASILLA: NOVEMBER 3, 10, 11, 28



Giving little minnows their fins... STARFISH ACADEMY SWIM LESSONS

Lessons for swimmers of every age and level.
Members and nonmembers welcome.

Parent &
Child

Introduces basic skills to parents and children, including safety topics.

Preschool
Level 2

Fundamental skills, such as floating and basic locomotion

Preschool
Level 1

Helps participants feel comfortable in the water and enjoy the water safely.

Preschool
Level 3

Guided practice in deeper water such as jumping head first and treading water.

Learn to
Swim
Level 1

INTRODUCTION
TO WATER
SKILLS

Learn to
Swim
Level 2

FUNDAMENTAL
AQUATIC SKILLS

Learn to
Swim
Level 3

STROKE
DEVELOPMENT

Learn to
Swim
Level 4

STROKE
IMPROVEMENT

Learn to
Swim
Level 5

STROKE
REFINEMENT

@East, South, Eagle River,
Wasilla, and Fairbanks South

REGISTER NOW



FAMILY FUN NIGHT

Family Fun Night is **Wednesday, November 19th**
(3rd Wednesday of each month).

Join us for fun and family-friendly activities like swimming, games, bouncy houses for kids, crafts, and sports. It's a great time for guests to tour the facility, meet trainers, and learn more about The Alaska Club. **Free for guests!**

@East, South, Eagle River, West, Wasilla, Fairbanks & Juneau

Fun fitness activities for youth ages 6 - 12

Tuesday/Thursday 5:45 pm
@ Wasilla

JR JAM

Schedule can be found in the club app, online and on the TV schedules in the clubs.

YOUTH MARTIAL ARTS

Karate Kids @ South

- Ages 5-7
- Tuesdays & Fridays
- 5:30 to 6:15 pm
- \$25 members, \$70 non members

Karate @ South

- Ages 8-17
- Tuesdays & Thursdays
- 6:30 to 7:30 pm
- \$35 member/\$75 non member

Karate @ East

- Ages 6 - 17
- Mondays & Wednesdays
- 5:00 to 6:00 pm
- \$35 member / \$75 non member



REGISTER HERE

FAMILIES FLY FREE WITH THE ALASKA CLUB



Family Memberships at The Alaska Club include free daily access to Fly Trampoline Parks. Anchorage, Wasilla, and Fairbanks!

Need to add your children to your membership?

Call (907) 330-0102





LET'S PARTY

Let us help you host your best birthday party!

PLAY CENTER PARTY

- Private Party with exclusive access to the Play Center for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party Attendant available to assist

Available at West, East, South, Eagle River, Wasilla, Fairbanks South and Juneau Valley

POOL PARTY

- 2 hours in the pool during Open Swim for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party attendant available to assist

Available at East, South, Wasilla, and Fairbanks South

PARTY ROOM PARTY

- Private party in 1500 square foot room with 1 bouncy house obstacle course, board games, sports equipment, and more for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Only Available at Eagle River

SPLASH & BOUNCE PARTY

- 2 hours in pool during Open Swim and private Party Room for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party attendant available to assist

Only Available at Eagle River

POOL & PLAY CENTER PARTY

- 2 hours in pool during Open Swim and private Play Center access for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Available at Eagle River, Fairbanks South and Wasilla

OPEN SWIM GAUNTLET PARTY

- 90 minutes of water play during Open Swim on an epic, inflatable obstacle course, and 30 minutes in private Party Room for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Available at East and Fairbanks South

FOAM & GAUNTLET PRIVATE PARTIES

- 90 minutes of private water play with your choice of an epic, inflatable obstacle course (pictured left) OR our giant foam cannon and 30 minutes in Party Room for presents and cake for 15 guests.
- Dedicated area with tables & chairs for food, presents, etc.
- Party attendant available to assist

Available at East , Wasilla, & Fairbanks South

TODDLER SPLASH PAD PARTY

- 120 minutes in Splash Park and Party Room for 10 guests.
- Party Room is private space. Splash Park is a shared space. One adult must be in the water with children during pool play.
- Dedicated area with tables & chairs for food, presents, etc.
- Easy, no-hassle party.

Available at South Anchorage

Contact the front desk or one of our reservations specialists to book: **907-365-9373** or callcenter@thealaskaclub.com

LEARN MORE





LIFE CAN BE EXTRA BUSY THIS MONTH BUT WE HAVE OPTIONS THAT FIT ALL SCHEDULES

On those days you’re not able to make it into the club, you can grab a workout literally anywhere at anytime: Our on demand classes can be found [within our club app](#) (workouts tab, scroll down to the Les Mills banner, hit view all) and on our website. You can also join us for livestreaming workouts.

ACCESS ONLINE WORKOUTS HERE

GROUP FITNESS SCHEDULE

Check out the [schedule online](#) or the app.

Group Fitness classes in the clubs will end at 1pm on Wednesday, November 26th and resume at 9 am on Friday November 28th.
There are no classes on Thursday, November 27th for Thanksgiving.

We wish you a very Happy Thanksgiving! If you really need a workout, you'll find them in our app.



Salsa, Reggaeton, Bachata and more ! Get ready to unleash your passion on the dance floor! Zumba is a high -energy, feel-good workout that blends Latin rhythms with non-stop cardio. Whether you’re a seasoned dancer or just love to move, this class welcomes all levels and guarantees a serious sweat with serious fun and good vibes!
BRING WATER, ENERGY AND YOUR BEST MOVES

Sundays 1:00 pm
Member Cost: Free | Non-Member Cost: \$15

Register at the front desk or contact
Callcenter@thealaskaclub.com

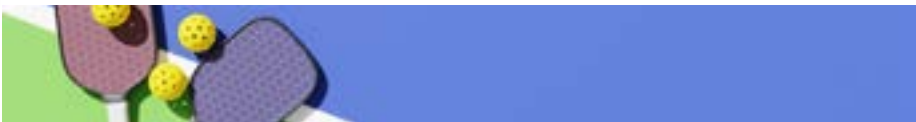


READY TO MOTIVATE AND LEAD?

We’re seeking energetic, creative, and enthusiastic individuals interested in becoming Group Fitness Instructors

APPLY NOW

PICKLEBALL



Intro to Pickleball
This workshop is for anyone new to pickleball that wishes to learn the rules, scoring and general strategy of how to play the game.

Saturday, November 1st & 15th
@East 11 am – 12:30 pm
Coach Morgan

Friday November 14th
@ Wasilla 11:35 am – 1:05 pm
Coach Kaci

Beginner Workshop:
This workshop is for those that have taken the intro workshop but are newer to the game of Pickleball.
We will review the scoring, rules and expand upon the strategy.

Friday, November 7th
@South 11 am to 12:30 pm
Coach Matt

Intermediate Pickleball Workshop:
Learn how to improve your pickleball game to take you to your next level.

Friday, November 12th & 19th | 11 am to 12:30 pm
@ South | Coach Matt

\$10 members/\$40 non-member

Register for pickleball workshops at
www.thealaskaclub.com/pickleball or
Call Center at 907 365-7393 or
callcenter@thealaskaclub.com or at the front desk.

MARTIAL ARTS FOR ADULTS



Aikido For ages 18+

Aikido is a Japanese art of self-defense employing locks and holds and utilizing the principle of nonresistance to cause an opponent's own momentum to work against him.

Mondays/Wednesdays
@ South | 6:45 to 8 pm.

\$20 members, \$50 non members.
Karate: Ages 18+

Tuesdays/Thursdays
@ South | 6:30 – 7:30 pm
\$25 members/month, \$50 non member/month

Mondays/Wednesdays
@East | 5:00 -6:00 pm
\$25 members/ month, \$50 non members /month

Register at 907 365-7393 or **callcenter@thealaskaclub.com** or at the front desk.



DOWNLOAD THE APP

STUDIO HOT YOGA

NO CLASSES ON THURSDAY NOVEMBER 27TH. HOPE YOU HAVE A WONDERFUL THANKSGIVING HOLIDAY.

Book your classes via the Studio Hot Yoga app. If your club membership is not connected to your account, you can use the 3 for free package to book classes right away. The Studio desk staff can add in your club members. You can also email groupfitness@thealaskaclub.com to request your club membership be added to your account.



WINE & WELLNESS



Join us for an evening of **relaxation, skincare, and celebration.** Enjoy **wine, light snacks,** exclusive **HydraFacials & Circadia** goodie bags.

\$25 registration fee
21+ only

REGISTER HERE



NOVEMBER 13th, 5-7PM



The Summit



Thank you so much for everyone who showed up to support breast cancer awareness and women's health at the Party in Pink Zumbathon on October 10th at West. Together we raised nearly \$700 for the Alaska Run for Women which will directly help Alaskan women affected by breast cancer. Thank you also to Providence Imaging Center for providing their mobile mammography on October 10th at Club for Women where several members, guests, and employees were able to get their annual mammogram.





TURN YOUR WORKOUTS INTO REWARDS!

PERKS PROGRAM

Your workouts are worth more than just a good sweat. With The Alaska Club Perks Program, every visit earns you points you can redeem for awesome rewards.

Use your points your way:

- Pamper yourself with in-club services or TAC gear
- Enter sweepstakes or unlock exclusive national deals
- Score savings on hotels, merchandise, concerts, sporting events & more

The Alaska Club has partnered with Cyber Express Wash to bring you a brand-new member perk - one free car wash every month! Your free car wash will be loaded to your members perks account each month! To be eligible, you must be an active The Alaska Club member and the main account holder.

LEARN MORE



It gets even better with Membership Plus!

- Instant discounts on hotels & name-brand merchandise—no points needed! (Save up to \$2,500 annually!)
- Redeem your points for gift cards to top retailers like Amazon, Apple, Lowe’s, and hundreds of restaurants.
- With Membership Plus, you’re not just earning points—you’re unlocking a lifestyle of savings and rewards.

Join Membership Plus today and embark on a journey of ultimate wellness and luxury.

ELEVATE YOUR MEMBERSHIP WITH MEMBERSHIP PLUS

SKINCARE

WELLNESS
& RECOVERY

FAMILY
& FRIENDS

PERKS

WHAT’S INCLUDED?

- MASSAGE
 - CRYOTHERAPY LOUNGE CHAIRS
 - SALT & RED-LIGHT THERAPY
 - HYDROMASSAGE
 - HYDRAFACIAL
 - UV & SPRAY TANNING
- CHILDCARE
 - GUEST PASSES
 - PRO-SHOP DISCOUNTS
 - MOVIE RENTAL DISCOUNTS
 - VIP ACCESS TO PERKS PROGRAM FOR TRAVEL, ENTERTAINMENT & MORE

