



Let The Alaska Club help you prepare for warm weather fun outside by training inside. You need your muscles to pull in those big fish or load up the car with camping gear, and endurance for summer hikes, bikes, and runs. Remember to take time to recover too with our growing list of wellness & recovery services available across the network and of course, **the new Nordic Spa at The Alaska Club which is included in Gold & Platinum memberships.** We're here for you whether you're coming in for a high energy workout or a relaxing sauna. It's always better together at The Alaska Club!

[Click Here to see Holiday Hours for all Clubs this Easter!](#)

APRIL EVENTS

- April 5** Happy Easter!
- April 15** Family Fun Night- Members, bring your friends & family for free!
- April 18** Nominate TAC for Best of Alaska!
- April 18** Skinny Raven Superhero Showdown 

WINNER SPOTLIGHT

FEBRUARY FLEX APP CHALLENGE WINNER IS:

MORGAN BRUNO. MORGAN WON 2 MONTHS OF MEMBERSHIP PLUS CONGRATULATIONS.

SOUTH POOL RENOVATION CLOSURE

The South Lap Pool and Hot Tub will be closed from April 5 through May 18, 2026 for upgrades and renovations. The Warm Water Pool and Splash Park will remain open. Scheduled swim lessons will continue to operate in the Warm Water Pool. **Adult conditioning** will also be offered. This will be a personal water workout time for adults 18+ involving standing movements and walking in the pool. No lap swimming or children allowed. **M/W/F 9:30-10:30am.**

We understand the inconvenience this may cause. To help you stay consistent with your routine, we have partnered with Alaska Pacific University. During the temporary closure, members may access the pool at APU with their scan card and a photo ID. See their pool schedule [here](#). Members may also use the pools at The Alaska Club East, Eagle River, or Wasilla.



APRIL NO FOOL APP CHALLENGE

[DOWNLOAD THE APP](#)

We are getting serious with our fitness plan and logging at least 20 workouts this month.

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.

THE NORDIC SPA AT THE ALASKA CLUB IS OFFICIALLY OPEN!



The Alaska Club East welcomed Anchorage Mayor, Suzanne LaFrance, Assembly Member, George Martinez, the Anchorage Chamber of Commerce, and Olympic Gold Medalist Kikkan Randall to celebrate the completion of the Nordic Spa on March 31, 2026. The Alaska Club's CEO Robert Brewster, VP of Operations, Mike Guderian, and project contractor, Dave Petty joined us for a ribbon cutting ceremony to mark the opening of this incredible new space for our members to relax, recover, and recharge. We can't wait for you to try it!

[CLICK HERE TO LEARN ABOUT THE FULL AMENITIES AND TO BOOK YOUR SPA TIME NOW!](#)





NORDIC SPA

AT THE ALASKA CLUB

CONTRAST THERAPY



HOT

Step into the warming side of the Nordic Spa experience with spaces designed to relax muscles, increase circulation, and help the body fully unwind. From the soothing comfort of the hot tub to the dry heat of the sauna and the calming atmosphere of the steam room, each experience invites you to slow down, release tension, and settle into deeper restoration.

COLD

Awaken the senses with the refreshing side of the Nordic Spa experience. Cold immersion helps invigorate the body, reduce inflammation, and create a powerful contrast after heat therapy. Whether you step into the cold plunge or cool off beneath the waterfall, each moment is designed to leave you feeling rebalanced, energized, and renewed.



RESTORE

Slow down and settle into the restorative side of the Nordic Spa experience. These calming spaces are designed to help the body reset after heat and cold therapy, encouraging full relaxation, quiet reflection, and a deeper sense of balance. Whether you unwind in the relaxation lounge or ease into the warm relaxation pool, each moment invites you to pause, breathe, and recharge.

INCLUDED WITH GOLD AND PLATINUM MEMBERSHIPS!

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

[LEARN MORE](#)



THE ALASKA CLUB

SUMMER CAMP

May 26th - August 12th

- Week 1: Bug Week
- Week 2: Let it Grow - Plants
- Week 3: Dinosaurs
- Week 4: Hawaii Week
- Week 5: Outer Space
- Week 6: Outdoor Adventure
- Week 7: Superhero Week
- Week 8: Under the Sea
- Week 9: Zoo Week
- Week 10: Sports Week
- Week 11: Circus Week
- Week 12: Back to School

@ SOUTH, EAST, EAGLE RIVER, WASILLA & FAIRBANKS SOUTH

9AM -4PM

AGES 5-12

OPEN TO MEMBERS AND NON-MEMBERS

THE ONLY CAMP WITH DAILY SWIMMING, SPLASH PARK & TRAMPOLINE FUN!

REGISTRATION IS NOW OPEN! [CLICK TO BOOK YOUR SPOT!](#)



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, April 15th** (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, Wasilla, Fairbanks & Juneau.
Free guest night at West

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.

FAMILIES FLY FREE WITH THE ALASKA CLUB!



TRAMPOLINE PARK

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

YOUTH MARTIAL ARTS

Karate Kids @ South

- Ages 5-7
- Tuesdays & Fridays
- 5:30 to 6:15 pm
- \$30 members, \$75 non members

Karate @ South

- Ages 8-17
- Tuesdays & Thursdays
- 6:30 to 7:30 pm
- \$40 member/\$80 non member

Karate @ East

- Ages 6 - 17
- Mondays & Wednesdays
- 5:00 to 6:00 pm \$40 member / \$80 non member



[REGISTER HERE](#)





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

OR **BOOK ONLINE!**



GROUP FITNESS SCHEDULE

APRIL MOSSA LAUNCH DATES

New Music & New Workouts For Your Favorite Classes!



Anchorage/Eagle River/Wasilla

Starting Monday April 6: Group Centergy

Mind/Body workout fusing Yoga and Pilates.

Starting Monday April 13: Group Power

Strength and movement training using a barbell, plates and body weight

Starting Monday April 27: Group Active

All-in-one workout cardio, strength, balance and core training

Starting Monday April 27: Group Blast

Athletic cardio workout using a step

Juneau

Starting April 10: Group Active

Your all-in-one workout with cardio, strength, balance and core training.

Starting Monday April 13: R30

30 minutes of cardio intervals on a bike

Starting April 13: Group Centergy

Mind/Body workout fusing yoga and Pilates exercises.

Starting Tuesday April 14: Group Power

Strength and movement training using a barbell, weight plates and step bench.

Starting Wednesday April 15: Group Fight

Cardio workout using moves and condition from MMA disciplines.

Starting April 18th: Group Ride

1 hour of cardio intervals

Starting Tuesday April 21: Group Blast

Athletic cardio workout using a step.

Fairbanks

Starting Saturday April 11th: Group Ride

Group Ride is a 60-minute cycling experience brought indoors.

Starting Monday, April 13th: Group Centergy

Mind/Body workout fusing Yoga and Pilates

Starting Monday, April 20th: Group Power

Strength and movement training using a barbell, plates and body weight

Starting Monday, April 27th: Group Blast

Athletic cardio workout using a step

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

POP-UP CLASSES

New, fun, one-time group fitness classes. Free to members! Click the link below to see what's popping up this month at your favorite TAC location.

[LEARN MORE](#)

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.

Friday, April 3rd

@South 11 am - 12:30 pm | Coach Matt

Friday April 17th

@Wasilla 11:40am - 1:10pm | Coach Kaci

Saturday, April 25th

@East 11am - 12:30pm | Coach Morgan

Beginner Pickleball Workshop:

This workshop is for those that have taken the intro workshop but are newer to the game of Pickleball.

Friday, April 10th

@South 11am - 12:30pm | Coach Matt

Intermediate Pickleball Workshop:

Learn how to improve your pickleball game to take you to your next level.

Friday, April 17th | 11 am to 12:30 pm

@ South | Coach Matt

\$10 members/\$40 non-member

[Register Online Now](#)

Call Center at 907 365-7393 | 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.

[Register for Aikido Now](#)

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 for Karate Now](#)

HANDBALL TOURNAMENTS:

April 22-25 - ASHA State Doubles Tournament at The Alaska Club East.

Matches beginning 5pm to closing

If interested in participating, please contact Rich Curtner at 907-242-130 or send an e-mail alaskastatehandball@gmail.com



STUDIO

WE FEEL THE LOVE — AND IT'S MUTUAL!

READY TO MOTIVATE AND LEAD?

We're seeking energetic, creative and fitness-minded individuals to lead Group Fitness classes

APPLY NOW

MOTHER & DAUGHTER SWIM CLINICS AT THE EAST CLUB

APRIL 6 - MAY 6
MONDAYS/WEDNESDAY
5PM - 6PM

Five week clinic for women and girls ages 10+ to learn swim techniques and form to gain confidence in the water during the Gold Nugget Triathlon.

member \$140
non-member \$180

Training for the Gold Nugget? The Alaska Club is offering mother/daughter swim clinics this month at East to help you swim your best. Click here for details and registration on this and other swim clinics (link to events/challenges page) The Alaska Club is a proud sponsor of the 2026 Gold Nugget Triathlon.

THE ALASKA CLUB

GROUP FITNESS FREE FRIEND FRIDAY

Invite a friend for FREE to your favorite Friday Group Fitness class.

Working out is better with a buddy!

STUDIO HOT YOGA

Regular Studio classes are included with your club membership. If you are setting up your account in the Studio app, please select the Plan for Members of The Alaska Club (found in the Store Tab in the Studio Hot Yoga app). This will allow you to book right away.

DOWNLOAD STUDIO THE

YOGA + BEER

at Williwaw Social

Wednesdays 6 - 7 pm

Led by The Studio Hot Yoga's Andrea B
Yoga class Free | Beer available to purchase.
Must be 21+ to attend.

STRONGER, MORE MOBILE & HEALTHIER WITH PERSONAL TRAINING

BOOK NOW

THE ALASKA CLUB

Take the next step toward your fitness goals by signing up for personal training. Our certified trainers create customized workout plans tailored to your experience level, goals, and lifestyle, while providing motivation, accountability, and expert guidance every step of the way. Whether you're just getting started or looking to push past a plateau, personal training helps you train smarter, stay consistent, and see real results.





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

[LEARN MORE](#)

Questions with your account? Contact The Alaska Club perks customer support via email or phone (877) 292-9624.



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.

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
- VIP ACCESS TO PERKS PROGRAM FOR TRAVEL, ENTERTAINMENT & MORE

