



August already? Don't stress, there's still more summer left to enjoy. But before the kids go back to school, take in the last Yoga in the Park for Anchorage this summer, relax at the Nordic Spa (free for members!) or have fun at the Alaska State Fair. Visit The Alaska Club's booth in the Miner's Loop. We'll have activities for the kids and a chance for you to win prizes.

AUGUST EVENTS

- Aug 1** Skinny Raven Alaska Distance Classic – The Alaska Club is a proud sponsor of the Skinny Raven Event Series.
- Aug 5** Last YITP of the summer
- Aug 19** Family Fun Night
- Aug 21-Sept 7** Alaska State Fair

WINNER SPOTLIGHT

JUMP INTO JUNE 20206 PRIZE DRAWING WINNER IS

PATRICIA JOYNER WHO WON TWO MONTHS OF MEMBERSHIP PLUS. CONGRATULATIONS!

STRONG START TO THE SCHOOL YEAR!

School Year Meal Planning

August is back-to-school month. Many families struggle with ideas on how to offer their children well-balanced meals on the run during the school year. Healthy eating does not need to be complicated, expensive or perfect; small, realistic nutrition choices can help children grow, learn, focus, and create good habits for a healthy life. To see some practical guidance for families on building healthy eating routines during the school year - check out our blog post [here](#)!



Your Time to Get Stronger

As the kids head back to school and your family settles into a new routine, make time to focus on yourself, too. Work one-on-one with a [personal trainer](#) for guidance and accountability, or find energy, motivation and community in a [group fitness class](#). Join us to try something new, reconnect with your goals and create a routine that works with your schedule. Whether you're just getting started or ready to build on your progress, this is your time to develop healthy habits, gain confidence and feel stronger throughout the busy school year.



Amped Up August '26 Fitness CHALLENGE.

DOWNLOAD THE APP

Log 12 or more strength workouts to complete the challenge.

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.

COMING
AUGUST
2026!

FLY
ADVENTURE PARK

SLAM DUNK
ON OUR
SPORTS COURT

ARCADE CLASSICS
& NEW HITS

TEST YOUR SKILLS
IN SPORTS SIMULATORS

LEVEL UP
ON OUR
INTERACTIVE GAMING FLOOR

FUN FOR ALL AGES
FRIENDS & FAMILY

NEXT TO THE ALASKA CLUB WEST!

MORE WAYS TO PLAY. MORE REASONS TO FLY.

More fun, more Fly! Fly Adventure Park is coming soon next to The Alaska Club West! Large sports court, interactive games, trampolines, arcade, multi-sport simulators, play structures for little ones, and more! FREE with The Alaska Club Family Memberships! [GET A SNEAK PEEK HERE!](#)





YOGA IN THE PARK

FREE TO ALL!

LAST YOGA IN THE PARK: WEDNESDAY AUGUST 5, 6-7PM
DELANEY PARK STRIP, 9TH & I STREET

The last Yoga in the Park for Anchorage is August 5th at 6pm on Delaney Park Strip. Thank you to all our members and guests who joined us this summer in both Anchorage and Fairbanks. Keep your practice going year-round with yoga Group Fitness classes at the clubs or hot yoga classes at The Studio, which is included in Gold & Platinum memberships.









THE ALASKA CLUB

SUMMER CAMP

Now through August 12th in Anchorage or August 7 in Wasilla and Fairbanks.

There's still time to register for the final days of camp. [Click here for details!](#)



@ 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!



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

UPDATED TIME & DAYS

Fun fitness activities for youth ages 6 - 12
Monday/Wednesday 11 - 11:45am
@ Wasilla

JUNIOR JAM

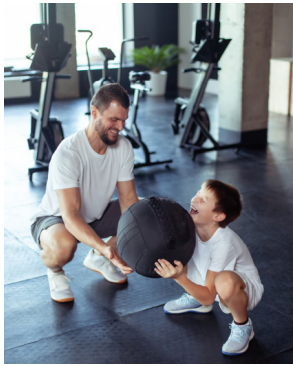
Schedule can be found in the club app, online and on the TV schedules in the clubs.

YOUTH MARTIAL ARTS

- **Karate Kids @ South**
- Ages 5-7
- Tuesdays & Fridays
- 5:30 to 6:15 pm
- \$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



FAMILY FUN NIGHT

Family Fun Night is **Wednesday, August 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, Wasilla, Fairbanks & Juneau. Free guest night at West

FAMILIES
FLY
FREE!



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





NORDIC SPA

AT THE ALASKA CLUB

Now Reserve 3x Week!



WHAT IS A NORDIC SPA?

The Nordic Spa at the Alaska Club uses a simple cycle: **hot, cold, and rest**. This cycle supports recovery, reduces stress, and restores balance. Alternating between heat and cold boosts circulation, while rest gives your body time to fully reset. The Nordic Spa at the Alaska Club, provides a calm, comfortable space to recover after a workout or unwind and take time for yourself.

KNOW BEFORE YOU GO

Reservations Required

Book your session in advance to guarantee your spot. Limited walk-ins are available.

Who Can Access?

Free for Gold & Platinum Members.
Accompanied guest price is \$65. Non-Member price is \$95. Age 21+

Bring With You

Swimsuit & Sandals
(Towels provided). Slippers & Robes are available for purchase.

Showers Are Required

Please use the locker room showers before going to the spa.

Unplug & Relax

Cell phones are not permitted for a distraction-free experience.

HOURS:

Mon-Fri: Reservations begin at 8:00am, last reservation at 7:30pm, closing at 8:00pm.

Sat&Sun: Reservations begin at 8:15am, last reservation at 6:00pm, closing at 6:30pm.

Enter The Nordic Spa through The Alaska Club East main entrance and check in at the front desk. From there, proceed to the Nordic Spa lobby to check in for your scheduled session.

RELAX & RECOVER WITH CONTRAST THERAPY



Immerse in hot tubs, sauna, or steam to open pores, increase circulation, and relax muscles.

HEAT. RELAX. RELEASE.



Refresh the body with cold plunges or waterfall exposure to reduce inflammation and awaken the senses.

CHILL. REFRESH. REVIVE.



Continue the cycle 3 or 4 more times to enhance results and elevate the experience.

REPEAT. REBALANCE. ELEVATE



Unwind in warm pools, relaxation spaces, or by the fire to allow the body to fully recover and rest.

PAUSE. SOOTHE. RESTORE

Located at: 5201 E Tudor Rd, Anchorage, AK 99507

Unsure on how to book online? [Click Here](#) to learn how.
Or call **(907) 330-0140** to book over the phone.

Questions about your Membership?
Call: (907) 330-0102



Summers are super fun but also very busy. To assist your fitness routine or help you wind down when the Midnight Sun is shining, check out some pre-recorded workouts or meditation sessions:
Our on demand classes can be found in the club app (workouts tab, scroll down to the Les Mills banner, hit view all).

ACCESS ONLINE
WORKOUTS HERE

GROUP FITNESS SCHEDULE

Summer schedule is in effect. Check out the [schedule online](#) or the [app](#) or on our website

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 Akido 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

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

Personal Training

Make your health and fitness goals a priority with the support of a personal trainer. Whether you’re new to exercise, returning after a break or ready to take your workouts to the next level, personalized guidance can help you move forward with confidence. Work with us to create a plan built around your goals, fitness level and schedule while learning proper techniques that help you exercise safely and effectively.

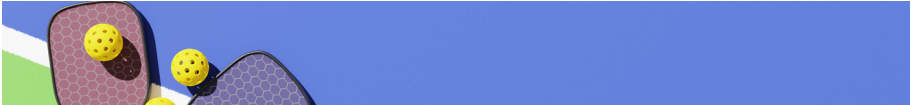
Your trainer will be there to provide encouragement, adjust your workouts as you progress and help you stay motivated and accountable along the way. From building strength and improving mobility to increasing energy and establishing a consistent routine, personal training gives you the focused support you need to keep moving forward. Start now and make this school year a fresh beginning for your health. Sign up [here](#).

READY TO MOTIVATE AND LEAD?

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

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.

Friday, August 7th
@South 11 am – 12:30 pm | Coach Matt

Friday, August 14th
@Wasilla 11:35-1:05pm | Coach Kaci

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

Friday, August 14th
@South 11am - 12:30pm | Coach Matt

Intermediate Pickleball Workshop:
This workshop is for anyone that is an experienced player of pickleball.

Friday, August 21st
@South 11am - 12:30pm | Coach Matt

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

Friday August 28th | 11 am to 12:30 pm
@ South | Coach Matt

\$10 members/\$40 non-member

Call Center at 907 365-7393 | callcenter@thealaskaclub.com or at the front desk.

Register Online Now

STRONGER, MORE MOBILE & HEALTHIER
WITH PERSONAL TRAINING



BOOK NOW

THE ALASKA CLUB



HEALTH & FITNESS 101



AUG 17 - 21

PERSONAL TRAINING EDUCATION SERIES

Meet a personal trainer for Health & Fitness 101 45-60 minute informative sessions on topics including:

- Nutrition
- Mobility
- Strength training
- Recovery strategies
- And more!

Ask questions, learn something new!



THE ALASKA CLUB

Build Your Health & Fitness Knowledge

Join a personal trainer for a 45-60-minute Health & Fitness 101 group session designed to help you feel more confident in your wellness journey. Explore helpful topics such as nutrition, mobility, strength training, recovery strategies and more in an informative, welcoming group environment. You'll have the opportunity to ask questions, gain practical tips and learn simple strategies you can use to support your health, improve your workouts and reach your goals.

August 17 - 21! Check the [Personal Training page online](#) for your club's specific schedule.

STUDIO

Discover
The Power of
Hot Yoga



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.

REGISTER HERE FOR CLASSES
AT STUDIO

DOWNLOAD THE STUDIO APP

TAC IN THE COMMUNITY



Congratulations to The Alaska Club's amazing Group Fitness instructor, **Dena Thomas** who received a citation from the Alaska State Legislature on July 25 for her 25+ years of helping Alaskans stay fit and healthy. Way to go, Dena! We're proud to have you on our team! Find her Group Blast and Group Power classes on the schedule [here](#)

Dena Thomas with her family at The Alaska Club East. Dena was presented with a citation from the Alaska State Legislature by Rep. Andrew Gray, Rep. Elyse Galvin and Sen. Forrest Dunbar.



Studio yoga instructor **Katie Chriest** took on the incredible 50-mile Resurrection Ultra on Saturday, July 25. What a fantastic display of strength, endurance and determination!

Congratulations to East personal trainer **Yvonne Jeschke** on an incredible performance at the 50K Resurrection Ultra! Yvonne finished second overall and was the first female finisher, completing the race in 7 hours and 2 minutes. An amazing accomplishment!



Holly Boston, TAC Group Fitness instructor, placed 2nd in her age group at the Mayan Man Triathlon in Mexico on July 26. Way to go, Holly!

Do you have an athletic accomplishment to share with the TAC community? Let us know by contacting marketingmail@thealaskaclub.com. You could be featured in an upcoming member newsletter.





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
- Scoresavings 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. Perks Members can enjoy 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
 - **NEW 8 FREE RED LIGHT THERAPY SESSIONS PER MONTH!**

