



## FEBRUARY EVENTS

February 1

Member Appreciation Month  
Thank you, Members!

Alaska Ski for Women  THE ALASKA CLUB PROUD SPONSOR

February 6

Winter Olympics begin

February 8

Super Bowl - Catch it at the Club!

February 11

Happy Anniversary TAC!

February 13

Anchorage Go Red for Women  THE ALASKA CLUB PROUD SPONSOR

February 15

Summer Camp Registration Opens

Swim Class Registration opens

February 17-28

Open House- invite your friends & family to the Club for FREE

February 18

Family Fun Night

## CELEBRATING 40 YEARS!

Happy Anniversary TAC!

Can you believe it? On February 11, The Alaska Club celebrates 40 years of supporting the fitness and wellness needs of Alaskans across the state. Since 1986 we've offered an environment where our members can not only get a great workout but also engage in the community of our membership each time they visit one of our clubs. After all, you, the members who spend your valuable time in our clubs, are the reason behind our four decades of success.

Over the years, we have worked to expand and refresh our facilities to meet your needs and desires based on feedback we hear from the broader membership base. We recently opened a new 21 and older strength training room at West with all new equipment, more space, and a calm, inviting vibe. Later this year, Wasilla and Juneau Valley will each be getting a new weight room. A brand-new Fly Sport Park will open next to the West Club offering more value to families where daily jump time is included with a family membership. Finally, we are getting closer to opening the long-awaited Nordic Spa at East. This incredible, outdoor, adult-only space will provide the ultimate in wellness and recovery. Access to the Nordic Spa will be complimentary to all members with Gold & Platinum memberships.

Our goal is to be here for you for decades to come, providing the best facilities, attentive staff, and community to support your health and wellness. We are so grateful that you've chosen to make our family part of yours. What a privilege it is to be a part of so many of your lives! Thank you, and I look forward to many more happy and healthy years together.

# BUILDING HEALTHY GENERATIONS FOR



*Robert Brewster*

Robert Brewster, TAC CEO & President



INVITE YOUR FRIENDS & FAMILY!

# OPEN HOUSE

FEBRUARY 17-28

THE ALASKA CLUB





# MEMBER APPRECIATION

## CELEBRATE WITH US AS WE CELEBRATE YOU!

Members, We're Celebrating **YOU** This Month

### Member Appreciation rewards:

- Earn **double Perks points** for each check-in February 11-28
- Bring a **guest for free** February 17-28

### Receive **1 FREE wellness service:**

- Salt & Red Light Therapy*
- Cryolounge*
- Hydromassage*
- UV Tanning*

*One per adult member; expires February 28, 2026*

### THANK YOU, MEMBERS!



### MEMBER SPOTLIGHT

Meet Christopher Bell, 26-year member.

"Chris is well known among The Summit crowd and is absolutely beloved by all. He is super kind, always smiling and engaging with people... infectious smile."

- Jared Schmidt, General Manager of The Alaska Club South & Summit.

Chris says he really enjoys the staff at The Alaska Club and the membership base, which he calls an extended family. He also says he enjoys the convenience of the club's multiple locations across the state as he often travels and uses both the Juneau and Fairbanks Clubs.

Thank you, Chris, for being a member!



## February Focus '26 Fitness APP CHALLENGE

[DOWNLOAD THE APP](#)

### FEBRUARY FOCUS



Your challenge is to focus your fitness dedication by logging 15 or more 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.

### WINNER SPOTLIGHT

**FINISH LINE DECEMBER '25 FITNESS CHALLENGE WINNER IS:**

**KELLY ENINGOWUK.** SHE WON A RECOVERY PT SESSION.



## FEBRUARY IS AMERICAN HEART MONTH



### 8 TIPS TO PROTECT YOUR HEART



EXERCISE REGULARLY

REDUCE SALT INTAKE

EAT HEALTHY

CONTROL CHOLESTEROL, BLOOD PRESSURE/SUGAR

MANAGE STRESS



### WEAR RED FRIDAYS!

In honor of healthy hearts month, we're encouraging members to wear red on Fridays in February, starting with February 6th – Wear Red for Women's Heart Health Day. Wear your favorite red gear and hit the club for a heart-pumping workout!

Cardio classes include cycle, Zumba, Blast, Tread, H2O Cardio, and more! You can also walk or run miles on the treadmill, climb on a step mill, or pedal on a bike. Try a game of pickleball, go for a swim, shoot hoops in the gym – whatever works your heart.



# COMING SOON

## NORDIC SPA AT THE ALASKA CLUB



**STEAM ROOM**



**WATERFALL**



**LOUNGE AREA**



**HOT TUB**



**FIRE PIT**



**COLD PLUNGE**



**SAUNA**



**WARM POOL**

INCLUDED WITH GOLD AND PLATINUM MEMBERSHIPS

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

[LEARN MORE](#)



# SPRING CAMP

Dr. Seuss Week

@ South, East,  
Eagle River &  
Fairbanks!

REGISTER  
NOW!

MARCH 9 - 13

Ages  
5-12

Already dreaming of summer? Save the date! Our **Summer Fun Camp registration** opens **February 15!** Summer Camp dates are May 26-August 14

## EXTRA OPEN SWIM SCHEDULE:

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

@ SOUTH &  
EAGLE RIVER: FEBRUARY 16TH & 27TH.  
WASILLA FEBRUARY 9TH & 16TH



## 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**



**FLY**

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

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
- \$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](mailto:callcenter@thealaskaclub.com)

OR

BOOK ONLINE!



## GROUP FITNESS SCHEDULE

**Group fitness isn't just exercise:** it's energy, motivation and accountability all in one room. You push harder, laugh more and show up even on the days you wouldn't do it alone.

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](#)

## 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](#)

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!

## 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, February 7th  
@East 11 am - 12:30 pm | Coach Morgan

Friday, February 13th  
@South 11am - 12:30pm | Coach Matt

### Beginner Pickleball Workshop:

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

Friday, February 20th  
@South 11am - 12:30pm | Coach Matt

### Intermediate Pickleball Workshop:

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

Friday, February 27th | 11 am to 12:30 pm  
@ South | Coach Matt

**\$10 members/\$40 non-member**

[Register Online Now](#)

or

Call Center at 907 365-7393 | [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com)  
or at the front desk.

## STRONGER, MORE MOBILE & HEALTHIER WITH PERSONAL TRAINING



[BOOK NOW](#)

THE ALASKA CLUB

## READY TO MOTIVATE AND LEAD?

We're seeking energetic, creative, and enthusiastic individuals interested in becoming a Group Fitness Instructor. We currently have a need for instructors in: **H2O Cardio, Ride, Yoga & Zumba.**

[APPLY NOW](#)



# THE ALASKA CLUB MEMBER NEWSLETTER // FEBRUARY 2026



° STUDIO

WE FEEL THE LOVE – AND IT'S MUTUAL!

**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 APP](#)

° STUDIO

**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.

° STUDIO



Check out The Alaska Club's [Facebook](#) and [Instagram](#) pages this month for workout tips from Olympic Gold Medalist, Kikkan Randall. Who could forget Kikkan's, along with Jessie Diggins, 2018 finish

for the U.S. Cross Country Ski Team? Workout like a pro as you cheer for the athletes competing in Milano Cortina.

STUDIO HOT YOGA

PARTNER HOT YOGA

6 - 7:15pm @ Studio  
\$50 per couple

FRIDAY  
February 13

With Instructor  
Stephanie



[BOOK NOW](#)

° STUDIO

the way. Enjoy a lighthearted, supportive experience that brings you closer on and off the mat.

Join us for a deeply immersive Sound Bath designed to calm the mind, relax the body, and restore balance. Begin with gentle breathing, then unwind in the soothing sounds of crystal bowls, didgeridoo,

**SOUND BATH EXPERIENCE**

\$20 for the event  
Register using the Studio Hot Yoga app

with Alex B  
at Hot Yoga Studio  
Friday, February 27th  
6 - 7:15 PM

° STUDIO

flute, handpan, and chimes. No experience needed—just get comfortable and let the vibrations guide you into deep relaxation. Leave feeling refreshed, renewed, and grounded at Studio Hot Yoga.

**WANT TO WORK OUT LIKE AN OLYMPIAN?**

SEE YOU AT  
THE CLUB

BREAK A SWEAT  
WHILE YOU  
WATCH THE GAMES



Watch the Olympics while you work out! Cardio room TVs in all clubs will be showing the Games February 6-22.

[THEALASKACLUB.COM](#)





# 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.

## 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.

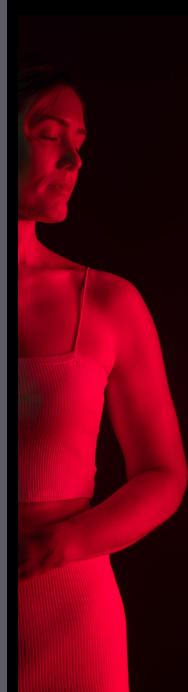
Join Membership Plus today and embark on a journey of ultimate wellness and luxury.

## ELEVATE YOUR MEMBERSHIP WITH MEMBERSHIP PLUS

### SKINCARE



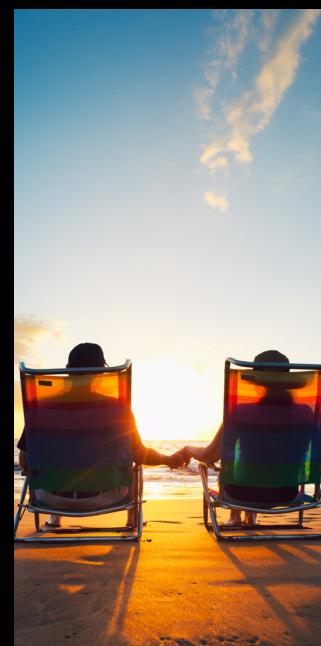
### WELLNESS & RECOVERY



### 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

