



## HAPPY NEW YEAR

A new year brings a fresh start and a chance to try something new! Whether it's taking a new group fitness class, booking a personal trainer, playing pickleball with your kids, or spending more time using our relaxing wellness services, including the new Nordic Spa opening soon - The Alaska Club is here for you and your family.

However you choose to kick off the new year, thank you for making The Alaska Club part of your fitness and wellness routine. From all of us at The Alaska Club, we wish you and your family a very happy and healthy 2026!

### JANUARY EVENTS

- January 1** Happy New Year!
- January 2** National Personal Trainer Awareness Day
- January 1 - 31** Skinny Raven Resolution Challenge
- January 21** Family Fun Night



**Thank you for donating to the December Toy Drive!**

*Your generous gift helped make a child's holiday a bit brighter*

### WINNER SPOTLIGHT

**ATTITUDE OF GRATITUDE '25 FITNESS CHALLENGE WINNER IS:**  
**JOANNE SCHMIDT.** SHE WON A RECOVERY PT SESSION.

### January '26 Jump Start Fitness APP CHALLENGE



**Let's go!** This January energy is prime to reassess our goals and Jump Start our Fitness progress. To successfully complete the challenge you must: Determine your Bio Age (feature in the app under the Progress tab +set at least one goal (another feature in the app under the Progress tab + log 21 workouts from January 1st - 31st.

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**



Help us celebrate our 40th anniversary! The Alaska Club turns 40 in February. We're looking for families who've relied on the club for generations to keep their families healthy and active. Share your story and pictures with [marketingmail@thealaskaclub.com](mailto:marketingmail@thealaskaclub.com). You may be featured in an upcoming newsletter or social media post. Thank you for choosing us to be your source of fitness, wellness and family fun. We couldn't do it without you!

### WINTER INJURY PREVENTION

**With Audra Henderson, MPH • Fntp • NASM CPT**

**Saturday Jan 10, 11:00am @ Juneau Valley**

\$10 Members / \$25 Non-members • Front Desk Check-In



**Learn practical, hands-on tips to stay safe and strong this winter:**

- Balance & stability exercises
- Safe icy-terrain walking techniques
- Core/trunk movements for injury prevention
- Smart snow-shoveling methods
- Simple daily habits for cold-weather resilience







Sports, Arts & Crafts, Games, New friends and Swimming everyday!



@ South, East,  
Eagle River &  
Fairbanks!

# SPRING CAMP

Registration:  
January 15th



MARCH 9 - 13

Ages  
5-12



## EXTRA OPEN SWIM SCHEDULE:

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

@ SOUTH, EAST, WASILLA AND  
EAGLE RIVER: JANUARY 19TH



## 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

## 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



## FAMILY FUN NIGHT

Family Fun Night is **Wednesday, January 21st**  
(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  
\$30 members, \$60 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!**





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.

ACCESS ONLINE WORKOUTS HERE

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.

This year, don't work out by yourself. Find your people. Find your rhythm. Please join us for our Mossa group fitness launches and find your new fav way to move.

MOSSA GROUP FITNESS LAUNCHES  
NEW MUSIC \*\* NEW MOVES

***Anchorage/Eagle River/Wasilla***

**Starting Monday, January 5th: Group Centergy**

Mind/Body workout fusing Yoga and Pilates

**Starting Monday, January 12th: Group Power**

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

**Starting Monday January 19th: Group Active**

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

**Starting Monday, January 26th: Group Blast**

Athletic cardio workout using a step

***Fairbanks***

**Starting Saturday January 10th: Group Ride**

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

**Starting Monday, January 12th: Group Centergy**

Mind/Body workout fusing Yoga and Pilates

**Starting Monday, January 19th: Group Power**

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

**Starting Monday, January 26th: Group Blast**

Athletic cardio workout using a step

***Juneau:***

**Starting Tuesday January 20th: Group Blast**

Athletic cardio workout using a step-starting (Downtown)

**Starting Group Ride-Starting Wednesday Jan 21st**

Cardio intervals on a bike - (Valley)

**Super Saturday January 24th Valley club**

Group Power 9:00 am

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

Group Fight 10:10 am

Cardio workout using moves and conditioning from MMA disciplines

Group Centergy- 11:20 am

Mind/Body work out fusing Yoga and pilates exercises

**Starting Monday January 26 R30**

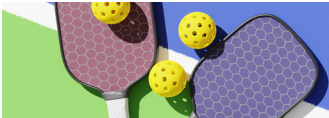
R30-30 minutes of cardio intervals on a bike (Valley)

**Starting Tuesday January 27th Group Active**

Your all in one workout using cardio,strength,balance and core training

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

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, January 9th

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

Friday January 9th

@Wasilla 11:35am - 1:05pm | Coach Kaci

Saturday, January 10th

@East 11 am – 12:30 pm | 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, January 16th

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

**Intermediate Pickleball Workshop:**

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

Friday, January 23rd & 30th | 11 am to 12:30 pm

@ South | Coach Matt

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

Register for pickleball workshops at

[www.thealaskaclub.com/pickleball](http://www.thealaskaclub.com/pickleball) or

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

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







WE FEEL THE LOVE — AND IT'S MUTUAL!

DOWNLOAD THE APP



**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 HOT YOGA

**POP UP GRATITUDE FLOW CLASS:**  
Sunday January 11th | 2:30 -3:30 pm  
Instructor: Stephanie

FIND MORE POP UP CLASSES HERE

**New Year's Day schedule**  
Noon Hot Flow Yoga  
1:30 pm Hot Yoga

**Sound Bath Workshop**  
Friday January 23rd | 6 to 7:30 pm  
Registration \$20 via the Studio Hot Yoga App (Purchase the Sound Bath payment in the store tab. Go to Enrollments to use the Sound Bath payment to book your spot.)  
Instructor: Alex Bayer

Join us for a deeply immersive Sound Bath experience designed to calm the mind, relax the body, and elevate your sense of well-being. In this workshop, you'll be guided through simple, accessible breathing techniques to help you settle into the present moment before being enveloped in the soothing vibrations of crystal singing bowls, the grounding resonance of the didgeridoo, the gentle melodies of the flute, the soulful tones of the handpan, and the shimmering harmonics of chimes.

As layers of sound wash over you, your nervous system is invited to unwind, release tension, and shift into a state of restorative stillness. This session is suitable for all levels - no experience needed. Simply come as you are, get comfortable, and allow the sound to guide you into deep relaxation.

Rediscover your inner calm and leave feeling refreshed, balanced, and renewed. Join us for this unique sound healing journey at Studio Hot Yoga.

Bring your journal and pen as we will be writing some reflections of our experience.

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](mailto:groupfitness@thealaskaclub.com) to request your club membership be added to your account.

NATIONAL PERSONAL TRAINER  
— AWARENESS DAY —  
JANUARY 2

**Shout out to The Alaska Club's amazing Personal Trainers:**

January 2 is National Personal Trainer Awareness Day! The day was created in the early 2000s by two fitness pros, Jim Labadie, and Joey Atlas. They realized that January was a busy time for trainers as so many people sign up for a gym membership in the new year. The pair decided January was a perfect time to recognize personal trainers for their hard work and dedication. Celebrate your bonds and thank the trainer who inspires you to work toward your goals.

Do you have a photo of you and your personal trainer to share?  
Send it to [marketingmail@thealaskaclub.com](mailto:marketingmail@thealaskaclub.com) or tag us on social media!

Interested in getting started with a personal trainer? [Learn More](#)



Nate Boehm, West Personal Trainer and his client, Denise Robinsonn

"This is Denise Robinson and we have been training since September! She has been such a pleasure to work with as she comes in everyday ready to work, she is a beast!"

In addition to training clients, West trainer Nate Boehm also coaches Team Training on Tuesdays and Thursdays at 6am

"Carl is 83 years old and I've been training him for the last 4 summers, when he's living in Fairbanks," said Joelle. Carl suffered brain trauma and a severe injury, but that hasn't stopped him from achieving his goals. "He really puts 100% effort into his workouts, is a joy to train and has such a positive attitude. I enjoy helping him achieve his goals and to keep him moving and to keep his body strong so he can continue doing things like helping his wife with the garden during the summer and to continue to be able to get out and enjoy his life. I'm looking forward to seeing him again next summer!"



Joelle Miller, Fairbanks Personal Trainer and her client, Carl Hoffman



Hannah Vogt trains at West. April Korshin is one of her clients. She's been training with Hannah since 2021.

Hannah also coaches a Team Training class at West. Join them on the turf for a full body, fun and functional workout Tuesdays and Thursdays at 5pm.



Hannah Vogt, West Personal Trainer and her client April Korshin (top left) and her Team Training class members.







# 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](#)







# 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

## 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.

MEMBERS RECEIVE ONE FREE CAR WASH MONTHLY AT CYBER EXPRESS WASH!\*



CYBER  
EXPRESS WASH

OVER-THE-TOP? PROBABLY.  
BUT TRY DRIVING AWAY WITHOUT SMILING.

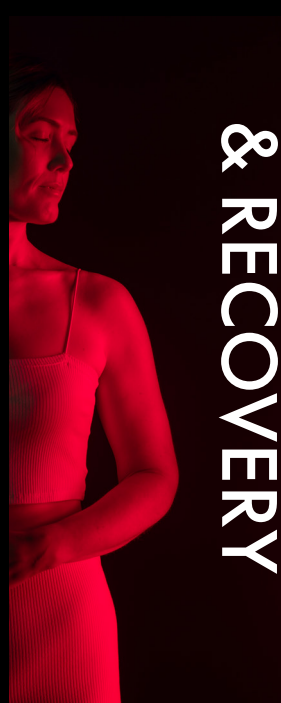
Join Membership Plus today and embark on a journey of ultimate wellness and luxury.

## ELEVATE YOUR MEMBERSHIP WITH MEMBERSHIP PLUS

### SKINCARE



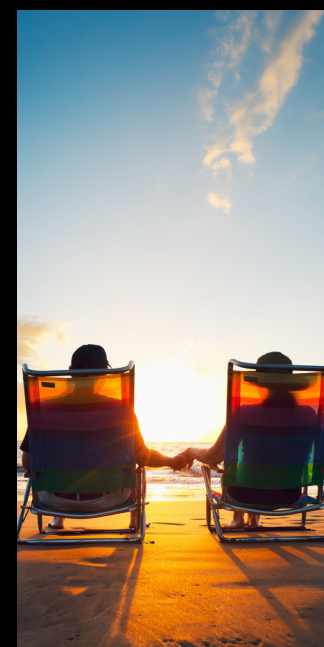
### WELLNESS & RECOVERY



### 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

membership  
plus