



Celebrate your freedom to move at the club! Group fitness classes, strength training, pools, splash parks, court sports, or just relaxing at the Nordic Spa – free with your membership! Whatever makes you feel better this summer, we’ve got you! Clubs will be unstaffed on July 4th but you can still get your workout in 24-hours a day with your scan card. Wishing you and your family a very healthy and happy Independence Day!

### JULY EVENTS

- July 4** Happy 4th Of July! Holiday Hours
- July 8-12** Bear Paw Festival, Eagle River -- stop by The Alaska Club's booth and say hello!
- July 15** Family Fun Night!
- July 19** Skinny Raven Half and 10k PROUD SPONSOR
- July 31** Tanana State Fair Fairbanks begins – stop by The Alaska Club's booth and say hello!



### Sparkle & Shine July '26 Fitness CHALLENGE

[DOWNLOAD THE APP](#)

Let your workouts sparkle and shine this month. Log 12 or more club visits 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.

# YOGA IN THE PARK

THE ALASKA CLUB

**ANCHORAGE**  
DELANEY PARK STRIP  
9TH & I STREET

**WEDNESDAYS · JUNE 3–AUGUST 5**  
6-7PM

**FAIRBANKS**  
GRIFFIN PARK

**TUESDAYS · JUNE 2–JULY 28**  
6-7PM

**COMING SOON!**

## FLY ADVENTURE PARK

<b>SLAM DUNK ON OUR SPORTS COURT</b>	<b>ARCADE CLASSICS &amp; NEW HITS</b>
<b>TEST YOUR SKILLS IN SPORTS SIMULATORS</b>	<b>LEVEL UP ON OUR INTERACTIVE GAMING FLOOR</b>
<b>FUN FOR ALL AGES FRIENDS &amp; FAMILY</b>	<b>NEXT TO THE ALASKA CLUB WEST!</b>

**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!](#)



THE ALASKA CLUB

# SUMMER CAMP

Now through August 12th!

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!

It's not too late to enroll your child for camp with daily and weekly options based on availability. [Click here to Find Out More!](#)



## 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

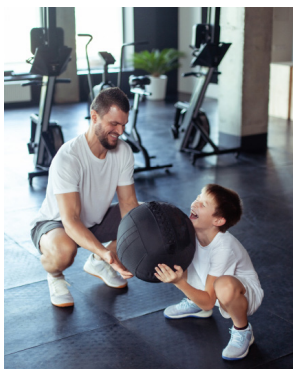
Schedule can be found in the club app, online and on the TV schedules in the clubs.

## 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, July 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

# 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

### Mossa July 2026 Launch Dates

#### Anchorage/Eagle River/Wasilla



**Starting Monday July 6:** Group Active - All-in-one workout cardio, strength, balance and core training

**Starting Monday July 13:** Group Power - Strength and movement training using a barbell, plates and body weight

**Starting Monday July 20:** Group Blast - Athletic cardio workout using a step

**Starting Monday July 27:** Group Centergy - Mind/Body workout fusing Yoga and Pilates

#### Fairbanks

**Starting Monday, July 6th:** Group Centergy - Mind/Body workout fusing Yoga and Pilates

**Starting Monday, July 13th:** Group Power - Strength and movement training using a barbell, plates and body weight

**Starting Monday, July 20th:** Group Blast- Athletic cardio workout using a step

#### Juneau

**Starting Monday July 6th:** R30-30 minutes of cardio intervals on a bike-starting

**Starting Tuesday July 7th:** Group Active -you're all in one workout using cardio,strength,balance and core training-starting

#### Super Saturday July 18 - Valley club -

**9 am** Group power -strength and movement training using a barbell,weight plates,body weight and step bench

**10:10 am** Group Fight-cardio workout using moves and conditioning from MMA disciplines.

**11:20 am** Group Centergy- Mind/Body work out fusing Yoga and pilates exercises

**Starting Tuesday July 23 Downtown:** Group Blast- Athletic cardio workout using a step

## 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, July 10th

@South 11 am - 12:30 pm | 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, July 17th

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

### Advanced Pickleball Workshop:

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

July 31st | 11 am to 12:30 pm

@ South | Coach Matt

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

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

[Register Online Now](#)

## 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](#)

## READY TO MOTIVATE AND LEAD?

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

[APPLY NOW](#)



## 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



Bob Blankenburg, karate instructor at The Alaska Club East, recently traveled to Okinawa, Japan, to train under Sensei Zenpo Shimabukuro, Supreme Instructor of Shorin-Ryu Seibukan, and his son, Sensei Zenshun Shimabukuro. "Our style has direct lineage to Okinawa, and it's a privilege to learn directly from such esteemed karate masters," Blankenburg said during his second trip to Okinawa.

The Alaska Club East teaches the traditional Okinawan style of Shorin-Ryu Seibukan, giving students the opportunity to learn karate the same way it is taught in Okinawa and 18 other countries.

Classes are held Mondays and Wednesdays from 5:00-6:00 p.m. and are open to ages 6 and up, including adults. [Book Your Class Now!](#)

**HUGSS**  
HELPING US GIVE SCHOOL SUPPLIES

### BACK TO SCHOOL JAM

Donation bins are located at The Alaska Club East and Eagle River, and at Fly Trampoline Park Anchorage. Thank you for your support!

Help kids by donating new school supplies to ASD's **Back to School Jam, July 31st** at Begich Middle School.

Place your items in collection bins.



## TAC Group Fitness Instructor Top Finisher at USA Powerlifting Nationals



Congratulations to The Alaska Club instructor Yoe Isbell on an outstanding performance at the USA Powerlifting National Championships in Chicago!

Competing in her first national championship, Yoe took on the country's top athletes in the back squat, bench press, and deadlift. She stayed focused throughout the competition and delivered a standout deadlift performance to earn an impressive 7th-place finish.

Yoe's hard work, determination, and commitment to excellence continue to inspire both her fellow trainers and our members. We're proud to have her represent The Alaska Club and look forward to cheering her on at Nationals again next year! See the Full Article on our Blog [HERE](#)

## COME ENJOY ALASKA BASEBALL LEAGUE GAMES THIS SUMMER WITH THE



ALL MEMBERS GET IN FOR FREE WITH THE ALASKA CLUB SCAN CARD.

THE WAY  
fitness  
SHOULD BE



**STRONG HEARTS** **STRONG COMMUNITY**

Congratulations to West Clean Team Member, Nic Taran, for being a top finisher in the 100k race over Solstice with a time of 10 hours and 47 minutes. The Denali 100K is a point-to-point endurance race held annually on the Denali Highway. We're so proud of him and this stunning achievement. Looking strong, Nic!





# 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!**

