





Happy Father's Day to all the dads out there! Keep up your strength for summer fun with time in the weight room then give yourself some recovery time at the Nordic Spa at The Alaska Club East – FREE for members! Or work on your mobility with yoga. Yoga in the Park starts on June 2 in Fairbanks and June 3 in Anchorage. [Click here for details.](#) Bring a friend or bring your family, roll out your mat, and join us!

JUNE EVENTS

- June 1** Alaska Baseball League season opener. TAC Members get in free with their key card!
- June 2** Yoga in the Park @ Griffin Park in Fairbanks with Lisa C.
- June 3** Yoga in the Park @ Delaney Park Strip in Anchorage with Andrea B
- June 6** Alaska Run for Women – TAC is a proud sponsor.
 **PROUD SPONSOR**
- June 13** Alaska Men's Run – TAC is a proud sponsor
 **PROUD SPONSOR**
- June 21** **Happy Father's Day!**
- June 17** Family Fun Night



Jump Into June '26 Fitness CHALLENGE

[DOWNLOAD THE APP](#)

Tap into all the summer energy and jump into some new and favorite activities. Maybe that's a bike ride, hike, or try out something new at the club. Also try something new for your overall well-being like the cryo lounge or salt and red light therapy.

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

APRIL 26 NO FOOLING APP CHALLENGE PRIZE DRAWING WINNER IS

ALINE O HOPKINS.

ALINE WON A HYPERVOLT PERCUSSIVE THERAPY TOOL.

CONGRATULATIONS.



HAPPY FATHER'S DAY!

from  THE ALASKA CLUB

Be sure to celebrate this Fathers Day with your family- at the club splashing in the pool, on the court, or in the gym! Or take some time out to relax in the sauna or steam room, or by visiting our **Nordic Spa*** for the full relaxation experience!

*Limited to 21 years and over

YOGA IN THE PARK 2026

YOGA IN THE PARK

 THE ALASKA CLUB

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



FREE EVENT!

DELANEY PARK STRIP
9TH & I STREET



THEALASKACLUB.COM



FEATURING



 THE ALASKA CLUB





NORDIC SPA

AT THE ALASKA CLUB

NOW OPEN!



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**



THE ALASKA CLUB

SUMMER CAMP

Now through August 12th!

Week 2: Let it Grow - Plants
 Week 3: Dinosaurs
 Week 4: Hawaii Week
 Week 5: Outer Space
 Week 6: Outdoor Adventure

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

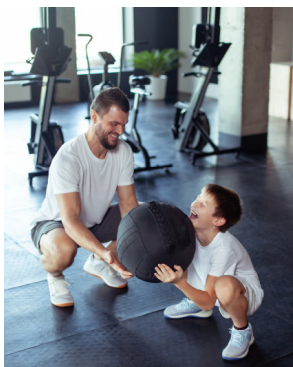
Schedule can be found in the club app, online and on the TV schedules in the clubs.

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, June 17th**
(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





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!



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. Please be sure to check the class schedule in you app or on our website.

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](#)

READY TO MOTIVATE AND LEAD?

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

[APPLY NOW](#)

STRONGER, MORE MOBILE & HEALTHIER WITH PERSONAL TRAINING



[BOOK NOW](#)



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.

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, June 5th

@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, June 12th

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

Intermediate Pickleball Workshop:

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

Friday June 19th & 26th | 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](#)

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](#)





STUDIO

WE FEEL THE LOVE — AND IT'S MUTUAL!

TAC IN THE COMMUNITY



THE ALASKA CLUB

VOTE for The Alaska Club for *Best of Alaska 2026*.

YOGA STUDIO, ATHLETIC CLUB/FITNESS CENTER, INDOOR ACTIVITY/ ENTERTAINMENT & SUMMER CAMP!



Thank you, Members, for nominating The Alaska Club for **Best of Alaska 2026!** Show your love for the club by taking the next step to vote in four categories:

- Athletic Club
- Summer Camp
- Indoor Recreation
- Yoga Studio (Studio Hot Yoga)

Voting will start on June 8th. We appreciate your membership and thank you for your vote! Vote [here!](#)

READY TO RUN?

TRAIN WITH US FOR

ALASKA MEN'S RUN **JUNE 13**

ALASKA RUN FOR WOMEN **JUNE 6**

THE ALASKA CLUB

THE ALASKA CLUB IS A PROUD SPONSOR OF THE ALASKA MEN'S RUN & ALASKA RUN FOR WOMEN

Sign up now for two of Alaska's favorite running events — the Alaska Run for Women on June 6 and the Alaska Men's Run on June 13. Join The Alaska Club teams and start training with support from our fitness staff along the way. Whether you're a seasoned runner or participating for the first time, we'd love to have you on the team. Click on the corresponding race links in the image above to sign up. For questions about the women's team, contact [Stacey Ledgerwood](#). For the men's team, contact [Nate Boehm](#). The Alaska Club is proud to sponsor both events!



2026 ALASKA BASEBALL LEAGUE

Batter up! June 1st brings the first pitch of the 2026 Alaska Baseball League. The Alaska Club is a proud sponsor again this season which means FREE baseball games for all members. Show your key card or virtual card for free entrance to the games in Anchorage, Eagle River, or the Valley. We look forward to seeing players back on the fields and in the clubs training. Find the game schedules [here](#)

STUDIO HOT YOGA

Sound Bath Experience

Calm your mind, relax your body, and reconnect with your inner stillness through a deeply immersive Sound Bath Experience. Settle in with simple breathing techniques, then unwind as crystal singing bowls, didgeridoo, flute, handpan, and chimes create soothing layers of sound. No experience needed — simply come as you are and leave feeling refreshed, balanced, and renewed.

\$25 for the event
Register using the Studio Hot Yoga app

with Alex B
at Studio Hot Yoga
Friday, June 12th
6 - 7:30 PM

REGISTER HERE FOR CLASSES AT STUDIO

STUDIO

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 THE STUDIO APP



The Alaska Club is a Proud Sponsor of the Gold Nugget Triathlon.

Congratulations to all who participated in the Gold Nugget Triathlon on May 17. Especially to our TAC family of members and instructors who ran, swam, and biked to a strong finish. Participants included - Beth Baker, Alli Rzepka, Mandy LaRose, Yvonne Jeskche, Amber Stull, Hannah Vogt, Dena Thomas, Debbie Cedeno, Karen Johnson, Ashley Matson, Kristen King, Jennifer Harris, and Kikkan Randall. Check out more pictures on our TAC [Facebook](#) & [Instagram](#) page!





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 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

