



## Welcome Spring!

Longer days mean those spring and summer sports are in sight. Whether you're training for a 5K or triathlon, the baseball field or the golf course, The Alaska Club has what you need to get ready. Try a group fitness class, meet with a personal trainer, swim laps, or take time for recovery with an extra sauna session. We're getting closer to opening the new Nordic Spa at East! This ultimate oasis of relaxation and recovery is free to those 21+ with a Gold or Platinum Membership! Look for announcements of our grand opening in the coming weeks.

Remember to keep the kids engaged too! Register your kids ages 5-12 for our Spring Break Fun Camp. Camps are offered at East, South, Eagle River, or Fairbanks South. South and Fairbanks campers also get daily jump time at Fly Trampoline Park. Everything your kids love about camp - with added jumping fun! Non-members are also welcome, so ask your child to invite their friends.

Too young for camp? Sign them up for a Playcenter session so you can get your workout time playing pickleball, shooting hoops, splashing at an open swim, and more! Spring Break at The Alaska Club is a perfect time for families to reconnect in a healthy space

## MARCH EVENTS

- March 8** International Women's Day
- March 9-14** **Spring Break Camp** \*Open swim for campers will be from 1-3pm at East, South, Eagle River, and Fairbanks. The pool & hot tubs will be closed to members during camp open swim.
- March 14** Skinny Raven Shamrock Shuffle 
- March 15** April Swim Registration Opens
- March 17** **Happy St Patrick's Day!**
- March 18** Family Fun Night (Free guest night at West)

## MINDFUL MARCH



## Mindful March '26 Fitness APP CHALLENGE

[DOWNLOAD THE APP](#)

Our challenge is to be mindful with our workout plan and fully present for each workout. Log 14 workouts with a minimum of those workouts being 4 mind/body formats, such as yoga, pilates or meditation. In addition, set at least one goal in the app.

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

**JANUARY JUMP START '26 FITNESS CHALLENGE WINNER IS:  
JACK HARTZ. JACK WON 2 MONTHS OF MEMBERSHIP PLUS.**

## Thank You, Members For Celebrating 40 Years With Us!

We partied like it was 1986 in February when The Alaska Club began with our Retro Group Fitness classes. Thank you to all the members and instructors who wowed us with their throwback fits. So much fun!





THE ALASKA CLUB

**Dr. Seuss Week**

**SPRING CAMP**

@ South, East, Eagle River & Fairbanks!

**MARCH 9 - 13**

**STILL TIME TO REGISTER!**

THE ALASKA CLUB

**SUMMER CAMP**

9AM - 4PM

AGES 5-12

**May 26th - August 14th**

**REGISTER NOW!**

EXTRA OPEN SWIM SCHEDULE:

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

@SOUTH, EAGLE RIVER & WASILLA: MARCH 6TH.

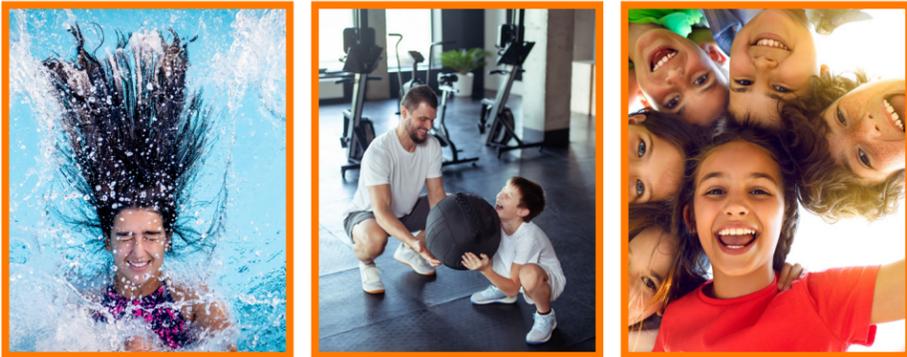


**FAMILY FUN NIGHT**

Family Fun Night is **Wednesday, March 18th**  
(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**



**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**

**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.

**FAMILIES FLY FREE WITH THE ALASKA CLUB!**

**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



**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](#)



## HANDBALL TOURNAMENTS:

**March 25-28** Alaska State Handball Association - State Singles Tournament at The Alaska Club East. Matches beginning 5pm to closing

**April 22-25** - ASHA State Doubles Tournament at The Alaska Club East. Matches beginning 5pm to closing

If interested in participating, please contact Rich Curtner at 907-242-130 or send an [e-mail](#)

## 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, March 6th

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

Saturday, March 14th

@East 11am - 12:30pm | 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, March 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, March 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.

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!

## READY TO MOTIVATE AND LEAD?

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

[APPLY NOW](#)




**BEST**  
YOGA STUDIO  
DENALI 2025  
*of Alaska*  
**BUSINESS**

STUDIO

WE FEEL THE LOVE — AND IT'S MUTUAL!



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.




**STRONGER, MORE MOBILE & HEALTHIER WITH PERSONAL TRAINING**

**BOOK NOW**

THE ALASKA CLUB

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.

**STUDIO HOT YOGA**

**SOUND BATH EXPERIENCE**

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

with Alex B  
at Hot Yoga Studio  
Friday, March 20th  
6 - 7:15 PM



STUDIO

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, 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.

**BOOK NOW**

**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 STUDIO THE APP**

Join us for Walk with a Doc at the Fairbanks Walking Track — a free community walking program led by a local healthcare provider and open to children, adolescents, and their guardians. Participants enjoy a safe group walk, physical activity, health education, and opportunities to connect with others. We hope to see you at our next event!



walk with a DOC



THE ALASKA CLUB

**Join us for Walk with a Doc**  
A free community walking program for children and adolescents!

**Walk Location:**  
The Alaska Club Fairbanks South



# COMING SOON

# NORDIC SPA

AT THE ALASKA CLUB



- STEAM ROOM**
- HOT TUB**
- COLD PLUNGE**
- WATERFALL**
- FIRE PIT**
- SAUNA**
- LOUNGE AREA**
- WARM POOL**

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](#)

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

