



Welcome May!

Mother's Day, graduations, road races, and more! Get your training inside the club to prepare yourself for outside summer adventures. Strength training to tackle those tough hikes with ease, cardio for going the distance on your bike, or hot yoga for flexibility, and recovery at the Nordic Spa at The Alaska Club – free to Gold & Platinum members!

MAY EVENTS

Military Appreciation Month
National Water Safety Month

May 10 Happy Mother's Day!



May 17 Gold Nugget Triathlon – good luck to all our members and employees who will be participating! The Alaska Club is a proud sponsor of the Gold Nugget Triathlon.

May 25 Memorial Day - [See TAC's Holiday Hours Here](#)

May 29 Skinny Raven Twilight 12k – TAC is a proud sponsor of the Skinny Raven Events Series



POOL RENOVATION CLOSURES

Wasilla is getting a new Splash Park! Renovations begin on May 3. The Splash Park will be unavailable, but the pool will remain open during construction.

The **Eagle River pool** will be closed May 18-22 for renovations. You can expect a new, blue pool deck when the pool reopens on May 23.

The **South Lap Pool and Hot Tub** are closed through May 18 for renovations. The Warm Water Pool and Splash Park remain open. Swim lessons will continue in the Warm Water Pool, as well as adult conditioning; a personal water workout time for adults 18+ involving standing movements and pool walking. No lap swimming or children allowed. Adult conditioning is M/W/F 9:30-10:30am. We also have partnered with Alaska Pacific University during the closure where members may access APU's pool with their scan card and a photo ID. [See the APU Pool Schedule Here](#)

Thank you for your patience as we work to improve your club!



Thank You to the Following TAC Employees for their Service!

- Janelle Delacruz Group Fitness Instructor & Personal Trainer – US Airforce
- Charlotte Tryck - Accounting East - US Army Airborne
- Ben Griffith, East GM, US Army
- Mike Guderian, VP of Operations, US Air Force
- Jen Batz, Fairbanks South, US Air Force
- Jake Wilson, Juneau GM – US Navy
- Dakota Davis, Wasilla Membership, US Navy
- Kenny Bodily, Operations Fly Trampoline Park, US Army

100 Miles in May App Fitness CHALLENGE

DOWNLOAD THE APP

We are getting serious and joining in the National fitness challenge by logging at least 100 miles in the month of May.

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

MINDFUL MARCH 26 APP CHALLENGE WINNER IS:
CARRIE BOHAN. CARRIE WON 2 MONTHS OF MEMBERSHIP PLUS - CONGRATULATIONS.





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



May 26th - August 12th

- Week 1: Bug Week
- Week 2: Let it Grow - Plants
- Week 3: Dinosaurs
- Week 4: Hawaii Week
- Week 5: Outer Space
- Week 6: Outdoor Adventure
- 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!

STILL TIME TO REGISTER! [CLICK TO BOOK YOUR SPOT!](#)



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

May is National Water Safety Month! We're promoting water awareness by asking members and take the Safe Swimmer Pledge:



"I'm a Safe Swimmer" Pledge:

- I pledge to never swim alone.
- I pledge to never play or swim near drains or suction fittings.
- I pledge to always jump in feet first.
- I pledge to obey the pool rules.



Pledge certificates will be available in the pool areas at East, South, Eagle River, Wasilla, and Fairbanks South. Kids can sign during open swim, swim team practice, or lessons.

Watch for swimmer safety tips on club TVs and social media. With summer activities like boating, fishing, and hiking ahead, make sure everyone is water-confident—Starfish Academy offers lessons for all ages, from babies to adults. [Learn More.](#)

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.

FAMILY FUN NIGHT

Family Fun Night is **Wednesday, May 20th** (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



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

OR **BOOK ONLINE!**



TACONNECT

BY THE ALASKA CLUB

Spring is in the air. Keep your fitness fresh by mixing in some pre-recorded workouts:

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

No club classes on Monday May 25th

The Summer Group Fitness schedule begins Tuesday May 26th
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, May 8th
@South 11 am - 12:30 pm | Coach Matt

Friday May 8th
@Wasilla 11:35am - 1:05pm | Coach Kaci

Beginner Pickleball Workshop:

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

Friday, May 15th
@South 11am - 12:30pm | Coach Matt

Intermediate Pickleball Workshop:

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

Friday May 29th | 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

CLICK TO BOOK NOW!

ADULT SWIM CLASSES

AT THE EAGLE RIVER CLUB



MAY 4 - MAY 31

TUESDAYS | 4 - 5pm
SUNDAYS | 8:30 - 9:30am





STUDIO

WE FEEL THE LOVE — AND IT'S MUTUAL!

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 RUN?

TRAIN WITH US AND BE READY FOR

ALASKA RUN FOR WOMEN

JUNE 6

THE ALASKA CLUB IS A PROUD SPONSOR OF THE ALASKA RUN FOR WOMEN



The Alaska Run for Women is June 6. Start training this month at the club. Need some motivation? We asked two pros, TAC Executive Director of Fitness, Janet Warner and TAC Personal Trainer and Operations Manager, Stacey Ledgerwood, for training tips. Read more in the [TAC Blog](#) Happy training and remember to join The Alaska Club's team with Coach Stacey! The Alaska Club is a proud sponsor of The Alaska Run for Women. [Register Here](#)

STUDIO HOT YOGA

Studio Hot Yoga will have a holiday schedule offering on Monday May 25th. Check the Studio Hot Yoga app for the holiday schedule.

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



Save the dates for Yoga in the Park

The Alaska Club is bringing Yoga in the Park back to the community! YITP Anchorage is every Wednesday at 6pm June 3-August 5 and in Fairbanks, every Tuesday at 6pm June 2-July 28. Free outdoor yoga flow for everyone and every fitness level.

GIVE THE MOM IN YOUR LIFE THE GLOW SHE DESERVES WITH A HYDRAFACIAL

AVAILABLE AT THE SUMMIT, EAST AND WASILLA
BOOK AT THE FRONT DESK OR ONLINE



THE ALASKA CLUB

Gift your Mom a Hydrafacial this Mother's Day or take some time for yourself! [Click here](#) to book now!





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

