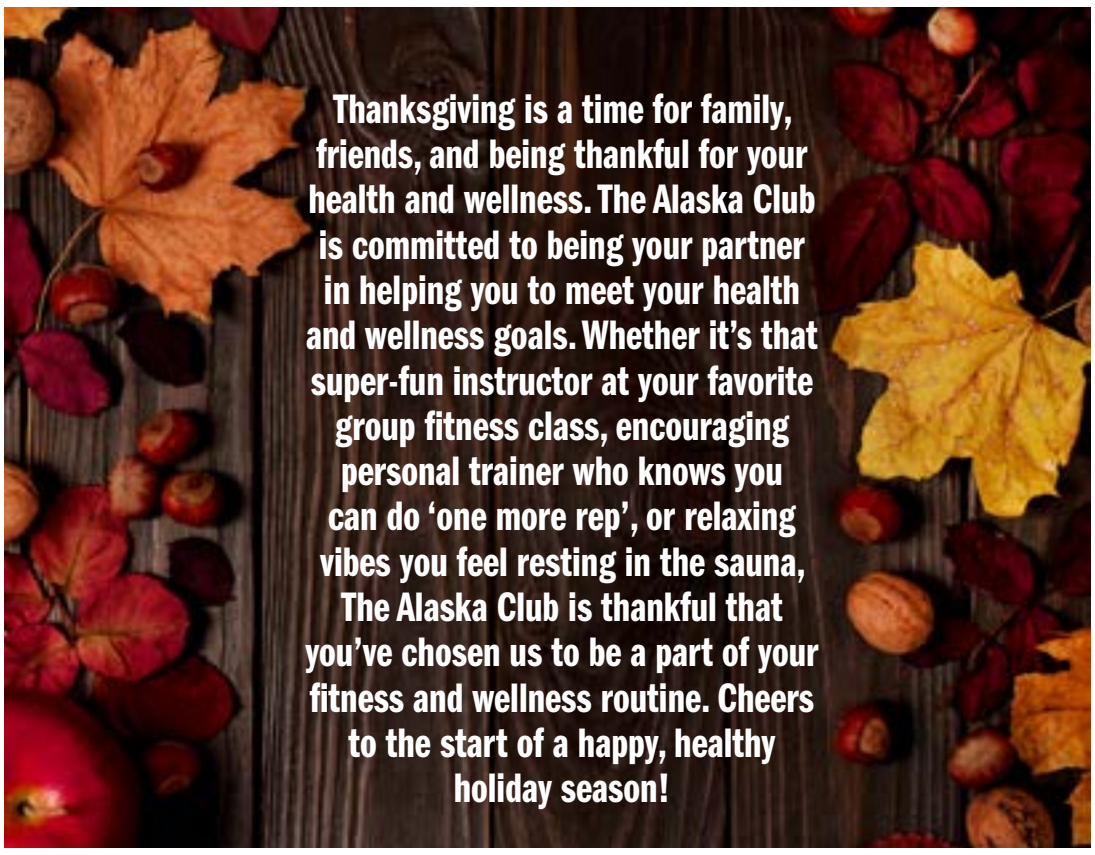


Thanksgiving is a time for family, friends, and being thankful for your health and wellness. The Alaska Club is committed to being your partner in helping you to meet your health and wellness goals. Whether it's that super-fun instructor at your favorite group fitness class, encouraging personal trainer who knows you can do 'one more rep', or relaxing vibes you feel resting in the sauna, The Alaska Club is thankful that you've chosen us to be a part of your fitness and wellness routine. Cheers to the start of a happy, healthy holiday season!

NOVEMBER EVENTS

November 13 Partner Hot Yoga @Studio 6 to 7:15 pm

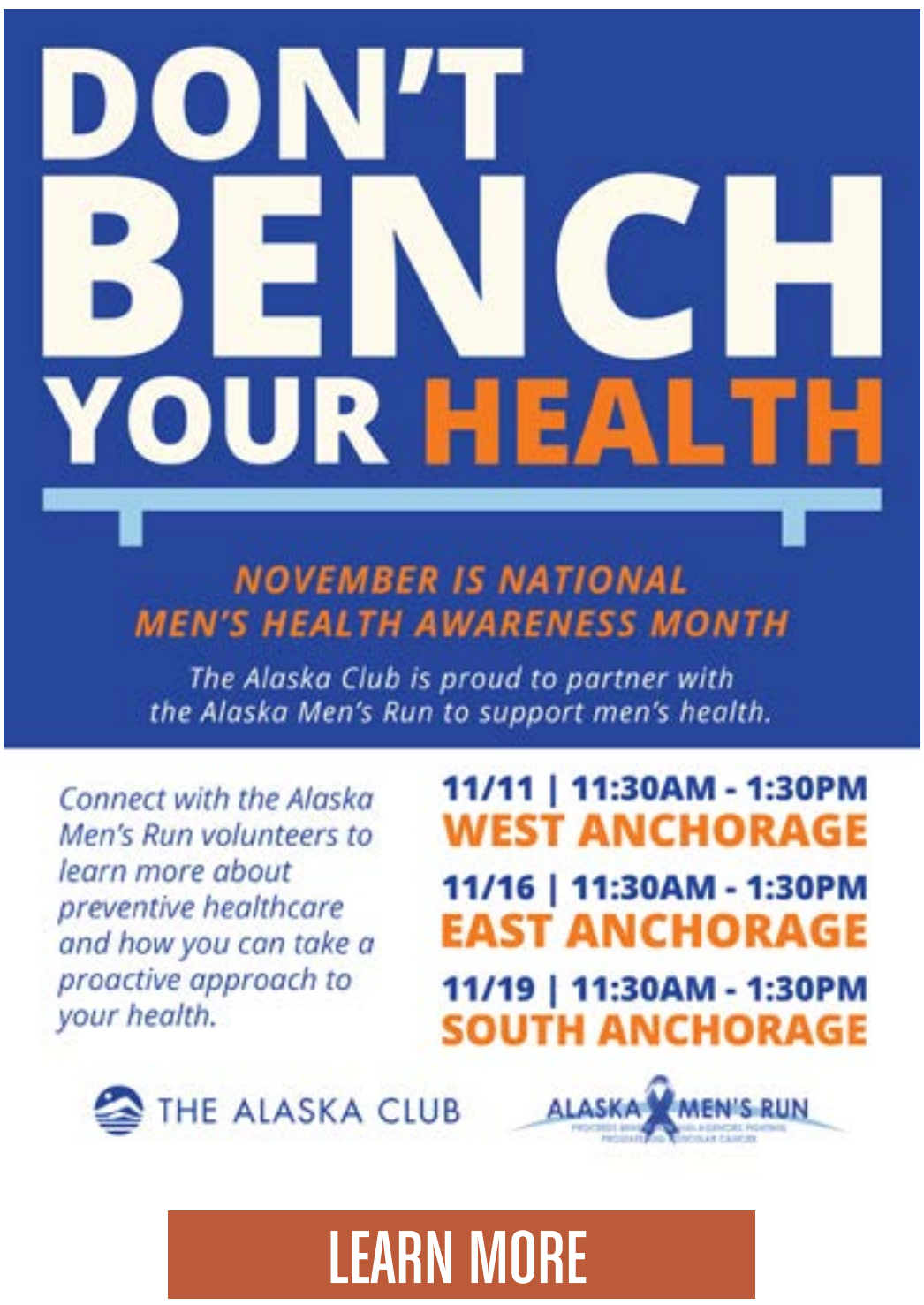
November 23 Thanksgiving Blessing - 2 to 7pm

November 26 Thanksgiving - 24-hour access will be available at most of our clubs - Holiday Hours

Skinny Raven Turkey Trot

The Alaska Club is a proud sponsor of the Skinny Raven Series









Keeping our focus on our fitness goals so we can feast on all the health and wellness benefits we reap.

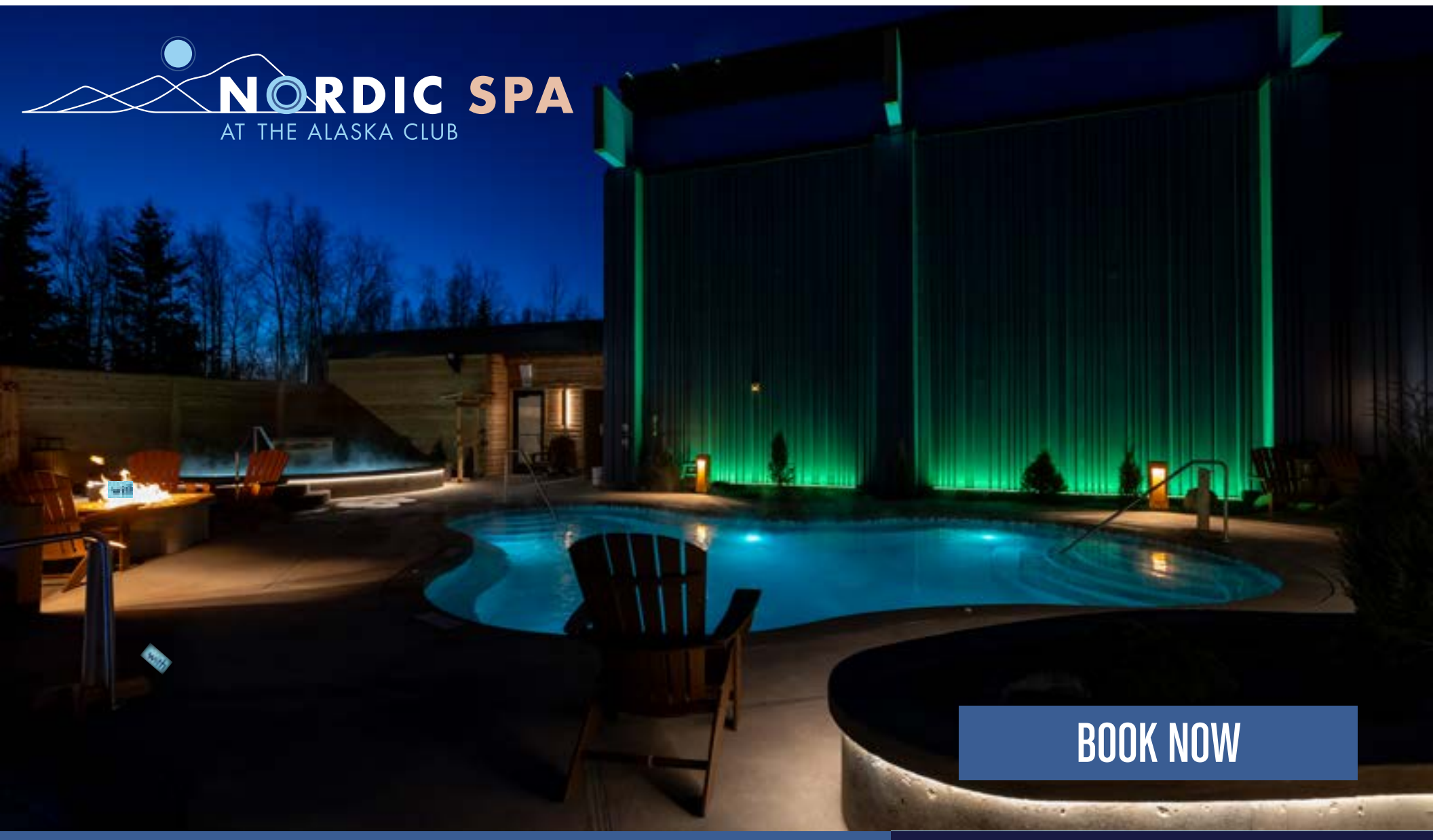
Join the challenge from the club app. You earn 5 points just by joining the challenge. Manually log your workouts in the app or connect your workout device (Apple Watch or Fitbit) directly to the app for automatic logging.

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

SEPTEMBER WINNER

ERIN POWLESS
Won two months of Membership Plus.
Congratulations!



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.

RELAX & RECOVER WITH CONTRAST THERAPY

HOT

Immerse in hot tubs, sauna, or steam to open pores, increase circulation, and relax muscles.

HEAT. RELAX. RELEASE.

COLD

Refresh the body with cold plunges or waterfall exposure to reduce inflammation and awaken the senses.

CHILL. REFRESH. REVIVE.

REPEAT

Continue the cycle 3 or 4 more times to enhance results and elevate the experience.

REPEAT. REBALANCE. ELEVATE

RESTORE

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

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.



EXTRA OPEN SWIM SCHEDULE:
NO SCHOOL/IN-SERVICE DAYS (FULL SCHEDULE HERE)
NOVEMBER 3 & 11 @ SOUTH, EAST AND EAGLE RIVER





Giving little minnows their fins...
STARFISH ACADEMY SWIM LESSONS

Lessons for swimmers of every age and level.
Members and nonmembers welcome.

We're adding **more swim lessons to the schedules, including Sunday lessons, swim clinics at East for children and adults starting in September, and swim intensives at Anchorage South and Fairbanks South.** Swim intensives incorporate 4 days of lessons in a row for the same quality lessons in a shorter timeframe.

- **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



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, November 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, 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, $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

TACONNECT BY THE ALASKA CLUB

TO MAKE SURE YOUR WORKOUT PLATE IS FULL, BE SURE TO SUPPLEMENT YOUR IN-CLUB WORKOUTS WITH TACONNECT. CHECK OUT SOME PRE-RECORDED WORKOUTS OR MEDITATION SESSIONS:

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

Thanksgiving holiday, in club classes will end at 1 pm on Wednesday November 25th and resume on Friday morning.
Check the schedule online or the app.



POP-UP CLASSES

New, fun, one-time group fitness classes. Free to members!
Click the link above to see what's popping up this month at your favorite TAC location.

READY TO MOTIVATE AND LEAD?

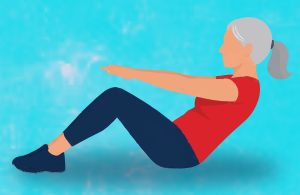
We're seeking energetic, creative, and enthusiastic individuals interested in becoming Group Fitness Instructors

APPLY NOW

STAY STEADY THIS WINTER

Train your ABCs with Emily Kane

A **NOV 4TH**
Abdominal & Core Strength



B **NOV 11TH**
Balance



C **NOV 18TH**
Abs, Balance, Comfort & Safety



JUNEAU DOWNTOWN
10:30AM - 11:30AM

members $5 per class
non members $10 per class

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.

Saturday, November 21st
@East | 11 am – 12:30 pm
Coach Morgan

Beginner Workshop:
This workshop is for anyone that has participated in the introductory workshop but is still newer to the game.

Friday, November 13th
@South | 11 am to 12:30 pm

Advanced Pickleball Workshop:
This workshop is for anyone that is an experienced player of pickleball.

Friday, November 20th | 11 am to 12:30 pm
@ South | Coach Matt

$10 members/$40 non-member

Register for pickleball workshops at **www.thealaskaclub.com/pickleball** or
Call Center at 907 365-7393 or
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+

Karate Tuesdays/Thursdays
@ South | 6:30 – 7:30 pm
$30 members/month, $50 non member/month

Karate Mondays/Wednesdays
@East | 5:00 -6:00 pm
$30 members/ month, $50 non members /month

Register at 907 365-7393 or **callcenter@thealaskaclub.com** or at the front desk.

LEARN MORE ABOUT FREE PERSONAL TRAINING SEMINARS

MOVEMENT IS MEDICINE: HOW FITNESS AFFECTS YOUR MENTAL HEALTH

Discover the powerful connection between physical activity and mental well-being. This seminar explores how regular movement and exercise can improve mood, reduce stress, boost confidence, and support overall mental health. Learn how building a healthy body can contribute to a healthy mind, and why movement is one of the most effective tools for improving your overall quality of life.

East:
Saturday Nov 21 @11AM – Racquetball Court

South:
Wednesday Nov 18 @5PM – Birthday Party Room (upstairs)

West:
Tuesday Nov 17 @12:15PM – Team Training Area

Eagle River:
Friday Nov 20 November @ 5:00PM – Team Training room

Wasilla:
Thursday Nov 19 November @ 5:30PM – Team Training Room

Fairbanks:
Friday Nov 20 @ 430PM – Group Fitness Studio

Juneau:
Thursday Nov 19 @1PM – Team Training Room

STUDIO HOT YOGA

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** to request your club membership be added to your account.

DOWNLOAD THE APP



Partner Hot Yoga is a fun approach to a flow style of practice in which two people (friends, couple, mother/daughter) support each other in poses in a way that enhances the benefits of the postures. Guaranteed to experience poses in a new way while sharing some laughs.

Friday November 13th | 6 to 7:15 pm
$50 per couple
Register via the Studio Hot yoga app under Enrollments.







PARTY IN PINK

Thank you so much for everyone who showed up to support breast cancer awareness and women's health at the Party in Pink Zumbathon on October 23rd at South. Together we raised nearly $900 for the Alaska Run for Women which will directly help Alaskan women affected by breast cancer.







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

QUESTIONS WITH YOUR ACCOUNT? CONTACT THE ALASKA CLUB PERKS CUSTOMER SUPPORT VIA EMAIL OR PHONE (877) 292 9624

LEARN MORE

- 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.

It gets even better with Membership Plus!

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

ELEVATE YOUR MEMBERSHIP WITH

MEMBERSHIP PLUS









WHAT'S INCLUDED?

- MASSAGE
- CRYOTHERAPY LOUNGE CHAIRS
- **NEW 8 FREE SALT & RED LIGHT THERAPY SESSIONS PER MONTH!**
- HYDROMASSAGE
- HYDRAFACIAL
- UV & SPRAY TANNING
- CHILDCARE
- GUEST PASSES
- PRO-SHOP DISCOUNTS
- VIP ACCESS TO PERKS PROGRAM FOR TRAVEL, ENTERTAINMENT & MORE

membership plus