



October is Breast Cancer Awareness month, and The Alaska Club is recognizing the cause through two special events. Sign up for your annual mammogram (or remind the women in your life to do it) at The Alaska Club West with Providence’s Mobile Mammography. Appointments run from 9am – 4pm. Join us for the annual Zumba Party in Pink in the gym at The Alaska Club South on October 23 from 6 - 7:15pm. Non-members are also welcome – invite your friends! Donations will be collected and given back to support breast cancer research and care right here in Alaska.

October is a great time to change your routine and try something new! Check out a pickleball workshop, try a pop-up group fitness class, enjoy some recovery time at the Nordic Spa – free for Members 21+, or spend family time together at an open swim or at the new Fly Adventure Park – free with The Alaska Club Family membership.

OCTOBER EVENTS

- Oct 8 - 10

ASAA Tennis State Championships at East (Tennis Courts will be Closed for the event)
- Oct 9

Mobile Mammogram at West
- Oct 21

Family Fun Night
- Oct 23

Party in Pink Zumbathon at South
- Oct 31

Skinny Raven Frightening 4K, Anchorage ([Sign up here](#))
- PROUD SPONSOR

Happy Halloween!

PARTY IN PINK

ZUMBA

OCTOBER 23rd

FRIDAY

6 - 7:15 PM

SOUTH CLUB

Join us for this super-fun Zumba dance party to raise money and awareness for the fight against breast cancer. All proceeds will be donated locally to The Alaska Run for Women.

\$10 members (suggested donation)

\$15 non-members



THE ALASKA CLUB

MOBILE MAMMOGRAPHY

IS COMING TO YOU!

OCTOBER 9TH - FRIDAY 9AM



The Alaska Club West

The Alaska Club supports the health and well-being of our members through fitness, but also through knowledge. Read more about breast cancer awareness, experiences, and prevention tips on the TAC Blog [here](#)

Thank you to everyone who joined us for the grand opening celebration at Fly Adventure Park! The park is open 7 days a week and FREE with your family membership to The Alaska Club.

THEALASKACLUB.COM



★ THE ALASKA CLUB ★

WINTER BREAK CAMP

★ December 21 - 24 & December 28-31

ENROLL NOW!



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

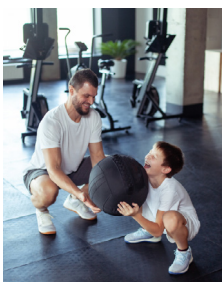
Extra Open Swim

Eagle River and Anchorage South

October 12: 1 - 3 pm

October 16: 1 - 3 pm

October 30: 1 - 3 pm



FAMILY FUN NIGHT

Family Fun Night is **Wednesday, October 21st**

(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

Fun fitness activities for youth ages 6 - 12
Tuesdays/Thursdays 5:45 -6:30 pm
@ 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

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



\$30 members / \$45 non-members

Youth Handball Training

Saturdays, 12- 2 pm

Now through December @ South Kids ages 8-15 can learn how to play and grow in the game of handball during these interactive, coached sessions. Beginners welcome!



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



To make sure your month is Rock-tober, 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 in the club app (workouts tab, scroll down to the Les Mills banner, hit view all).

ACCESS ONLINE WORKOUTS HERE

GROUP FITNESS SCHEDULE

Fall schedule in effect. Please be sure to check the [class schedule](#) in the app or on our website.

New Releases this Month of Your Favorite Group Fitness Classes! New Music, New Moves, More Fun!



Anchorage/Eagle River/Wasilla
Starting Monday October 5: Group Centergy - Mind/Body workout fusing Yoga and Pilates

Starting Monday October 12: Group Power - Strength and movement training using a barbell, plates and body weight

Starting Monday October 19: Group Active - All-in-one workout cardio, strength, balance and core training

Starting Monday October 26: Group Blast - Athletic cardio workout using a step

Fairbanks:

Starting Monday October 5th: Group Power - Strength and movement training using a barbell, plates and body weight

Starting Monday, October 12th: Group Blast - Athletic cardio workout using a step

Starting Saturday October 17th: Group Ride - Climb, chase and sprint cycle drills set to dynamic music with group class energy.

Starting Monday October 19th: Group Centergy - Mind/Body workout fusing Yoga and Pilates

Juneau:

Starting Monday, October 12th: Group Blast - Athletic cardio workout using a step

Starting Monday October 19th: R30 - A 30 minute cycle interval class set to dynamic music

Starting Tuesday October 20th: Group Active - Cardio, strength balance and core in one super fun workout.

Starting Friday October 23rd: Group Power - Strength and movement training using a barbell, plates and body weight

Super Saturday Oct 24 – Join us for one, some or all of these October releases!

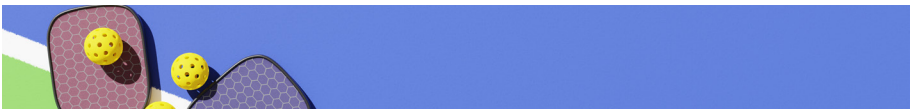
Group Blast 30: 9 – 9:30 am - Athletic cardio workout using a step

Group Power 45: 9:40 – 10:25 am - Strength and movement training using a barbell, plates, bench and body weight

Group Fight 30: 10:30 – 11 am - Cardio workout using moves and conditioning from MMA disciplines

Group Centergy 45: 11:05 -11:50 am - Mind/body workout fusing yoga, and pilates exercises

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, October 9th
@South 11 am – 12:30 pm | Coach Matt

Saturday October 17th
@East 11:00am-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, October 16th
@South 11am - 12:30pm | Coach Matt

Advanced Pickleball Workshop:

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

Friday October 30th | 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 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





HEALTH & FITNESS 101



Truth about Macronutrients - Carbs are not the Enemy
OCT 17-24

PERSONAL TRAINING EDUCATION SERIES

Meet a personal trainer for Health & Fitness 101 45-60 minute informative sessions on topics including:

- Nutrition
- Mobility
- Strength training
- Recovery strategies
- And more!

Ask questions, learn something new!



THE ALASKA CLUB

Build Your Health & Fitness Knowledge

Join a personal trainer for a 45-60-minute Health & Fitness 101 group session designed to help you feel more confident in your wellness journey. Explore helpful topics such as nutrition, mobility, strength training, recovery strategies and more in an informative, welcoming group environment. You'll have the opportunity to ask questions, gain practical tips and learn simple strategies you can use to support your health, improve your workouts and reach your goals.

October 17 - 24. Check the [Personal Training page](#) online for your club's specific schedule.

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

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



TAC IN THE COMMUNITY

The Alaska Club was proud to be part of the Alaska Heart Run on September 19! Group fitness instructor Karen Kirk kicked things off by leading the crowd through a warm-up, while Christina from Wasilla Membership and Jeffrey, a personal trainer from Eagle River, connected with participants at our booth. After the run, Cassey Bradley helped everyone stretch and unwind with a yoga cool-down.

Thank you to everyone who participated in the run and came together to support heart health. It was wonderful to see our community moving together for such a meaningful cause!



APP CHALLENGE

FALL INTO FITNESS



WINNER SPOTLIGHT

AMPED UP AUGUST 2026 PRIZE DRAWING WINNER IS

FAIRBANKS MEMBER DANNY JESSE WHO TWO MONTHS OF MEMBERSHIP PLUS. CONGRATULATIONS!

Fall Into Fitness October 2026 Fitness CHALLENGE

DOWNLOAD THE APP

Your mission is to get back in our fall routine by logging 14 or more workouts in the month.

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.





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!**



ATTENTION MEMBERS: EXISTING MEMBERSHIP DUES WILL SLIGHTLY INCREASE BEGINNING OCTOBER 1, 2026. PLEASE CONTACT MEMBER ACCOUNTING FOR DETAILS