



Now that the kids are settled into the new school year, it's time to focus on YOU! Fall Group Fitness schedules start this month so be sure to check for classes offered at your favorite TAC location. Don't forget wellness & recovery time! Red-light therapy, Cryolounge, sauna, steam, and of course, The Nordic Spa – free for members of The Alaska Club.

SEPTEMBER EVENTS

- Sept 7 Labor Day (see holiday hours [here](#))
- Sept 8 Fall group fitness schedule starts
- Sept 11 9-11 Step Mill Challenge event at West
- Sept 15 Winter Fun Camp & swim lesson registration opens
- Sept 19 Skinny Raven Oktoberfest 5k run ([Sign up here](#))
The Alaska Heart Run & Walk PROUD SPONSOR

WINNER SPOTLIGHT

SPARKLE AND SHINE JULY 2026 PRIZE DRAWING WINNER IS

ALICIA RUSSELL WHO WON TWO MONTHS OF MEMBERSHIP PLUS. CONGRATULATIONS!

SUPER SEPTEMBER



Super September 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 to achieve Super status.

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.

OPENING SOON!

ADVENTURE PARK

SLAM DUNK ON OUR SPORTS COURT

ARCADE CLASSICS & NEW HITS

TEST YOUR SKILLS IN SPORTS SIMULATORS

LEVEL UP ON OUR INTERACTIVE GAMING FLOOR

FUN FOR ALL AGES FRIENDS & FAMILY

NEXT TO THE ALASKA CLUB WEST!

MORE WAYS TO PLAY. MORE REASONS TO FLY.

More fun, more Fly! Fly Adventure Park is coming soon next to The Alaska Club West! Large sports court, interactive games, trampolines, arcade, multi-sport simulators, play structures for little ones, and more! FREE with The Alaska Club Family Memberships! **GET A SNEAK PEEK HERE!**

Walk or Run for Healthy Hearts

The Alaska Club is a proud sponsor of the Alaska Heart Association and the Alaska Heart Run & Walk on Saturday, September 19th at the Alaska Airlines Center in Anchorage. Join the TAC team, stop by our booth on race day, and support healthy hearts in Alaska. [Sign up here!](#)



Join The Alaska Club team for the Alaska Heart Run & Walk on September 19.



THE ALASKA CLUB



THE ALASKA CLUB

WINTER FUN CAMP!

Registration Opens September 15!



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

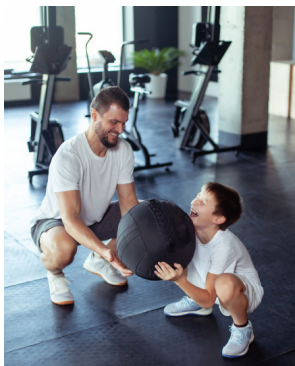
- Ages 8-17
- Tuesdays & Thursdays
- 6:30 to 7:30 pm
- \$40 member/\$80 non member

• 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, September 16th
(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





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 September is Super, 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 starts September 8th. Please be sure to check the [class schedule](#) in the app or on our website.

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

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

Personal Training

Make your health and fitness goals a priority with the support of a personal trainer. Whether you’re new to exercise, returning after a break or ready to take your workouts to the next level, personalized guidance can help you move forward with confidence. Work with us to create a plan built around your goals, fitness level and schedule while learning proper techniques that help you exercise safely and effectively.

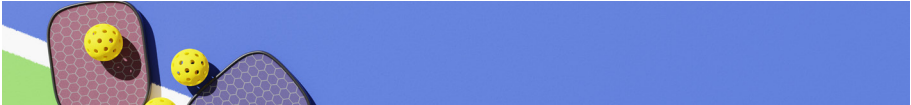
Your trainer will be there to provide encouragement, adjust your workouts as you progress and help you stay motivated and accountable along the way. From building strength and improving mobility to increasing energy and establishing a consistent routine, personal training gives you the focused support you need to keep moving forward. Start now and make this school year a fresh beginning for your health. Sign up [here](#).

READY TO MOTIVATE AND LEAD?

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

APPLY
NOW

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

Friday, September 11th
@Wasilla 11:35-1:05pm | 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, September 18th
@South 11am - 12:30pm | Coach Matt

Advanced Pickleball Workshop:
Learn how to improve your pickleball game to take you to your next level.

Friday September 25th | 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

STRONGER, MORE MOBILE & HEALTHIER
WITH PERSONAL TRAINING



BOOK NOW

THE ALASKA CLUB



HEALTH & FITNESS 101



SEPT 15-19

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.

September 15-19th! 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

TAC IN THE COMMUNITY

Serve it Forward!



Rori Corrigan is a senior at Eagle River High School and a tennis member at The Alaska Club. "I like playing at the club," she says, "it's a great tennis community and everyone is nice." Rori, who has played tennis since she was 3 years old, started a nonprofit in February of this year to spread awareness about playing tennis in Alaska.

"I'm a military kid who moved here when I was 12 and noticed there wasn't really a tennis community, so I wanted to help it grow, share news about tennis, make it known and give people resources to play." Rori's program, Serve it Forward, aims to make tennis accessible to everyone. Since setting up a donation box in the East tennis lounge a few weeks ago, Rori has collected a handful of racquets, all of which go to support new tennis players in the Anchorage School District. "We're bringing all donations to incoming freshman to share," says Rori. If you have any spare equipment - gently used or new - drop it in the donation box in the East tennis lounge or contact Serve it Forward [here](#).

Way to go, Rori! The Alaska Club is so proud to have you as a member. Best of luck with your high school tennis season and with your senior year!

Congratulations to TAC Tennis Director, Jimmy Kayongo! Recipient of the US Tennis Association 35x35 President's Impact Award - honoring outstanding individuals who are making a meaningful difference in growing the game of tennis within their communities.

The award supports USTA's vision to reach 35 million players by 2035 and celebrates leaders who not only grow tennis in their communities but also show exceptional dedication and leadership.

Susan Brunner, Regional League Coordinator with the USTA, says she's honored to work with Jimmy and explains why he deserves this award. "Jimmy exemplifies these qualities through his commitment, leadership, and the positive influence he continues to have on players and programming at The Alaska Club and beyond," she says, "specifically through his support of youth tennis. The Alaska Club should be proud to have such an impactful leader representing them."

Jimmy, who has been the club's tennis director since 2005, is humbled. "I don't know how I won the award," he says, "It's everyone around me who helps too. The managers, the clean team, making sure the courts look good, and others. But it means a lot to me. I want to make sure that people feel like they're part of a family when they come to the club."

Jimmy started playing tennis in high school then got recruited to play tennis in college. He understands that for some, tennis can be intimidating, especially if they've never played before. He says Alaska has a small but vibrant tennis community, and it's his goal to keep promoting the game by making people feel at ease when they come into the club, sharing the love of a game that's been a big part of his life. "I'm happy to be here and get support from the club," he says adding, "Hopefully, I do a good job."

Yes, Jimmy, you are amazing and we're very proud of your work at the club! Jimmy's award was honored by USTA President & CEO Brian Vahaly during Fan Week at the 2026 US Open.



Jimmy with Tennis Legend, Gigi Fernandez at TAC East



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.

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!**



MEMBERS RECEIVE
1 FREE MONTHLY CAR WASH
AT CYBER EXPRESS WASH

CYBER
EXPRESS WASH

THE ALASKA CLUB

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.

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

