



THE ALASKA CLUB MEMBER HANDBOOK



thealaskaclub.com



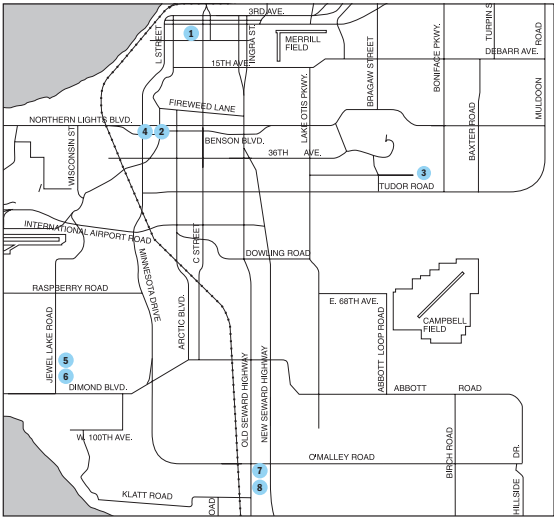
5.2022

HOURS OF OPERATION

Check www.thealaskaclub.com/hours for the most up to date hours and holiday hours

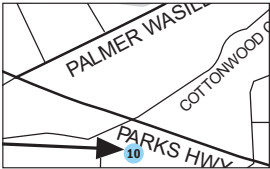
Downtown	Mon - Fri 5:00am - 7:00pm Sat & Sun: Closed	
West	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
East	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
Club for Women	Mon - Fri 6:00am - 8:00pm Sat & Sun 8:00am - 6:00pm	
South	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
The Summit	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	
Studio Hot Yoga	Open during class schedule	
Jewel Lake	24 Hour Access (club is unstaffed)	8am - 8pm - Minimum age is 12 (Children 12-13 years of age must be accompanied by and adult) 8pm - 8am - Minimum age is 14 (Children 14-17 years of age must be accompanied by and adult)
Eagle River	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
Wasilla	Mon - Fri 5:00am - 9:00pm Sat & Sun 8:00am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
Fairbanks South	Mon - Fr 5:00 am - 9:00pm Sat 8:00 am - 7:00pm Sun 10:00 am - 7:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
Fairbanks West	24 Hour Access (club is unstaffed)	8am - 8pm - Minimum age is 12 (Children 12-13 years of age must be accompanied by and adult) 8pm - 8am - Minimum age is 14 (Children 14-17 years of age must be accompanied by and adult)
Juneau Valley	Mon - Fri 5:00am - 8:00pm Sat & Sun 8:00am - 6:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.
Juneau Downtown	Mon - Fri 5:00am - 8:00pm Sat & Sun 8:00am - 6:00pm	24 Hour Access: Self check-in with membership scan card. Must be 18 years of age or older. Portions of the club unavailable.

Anchorage

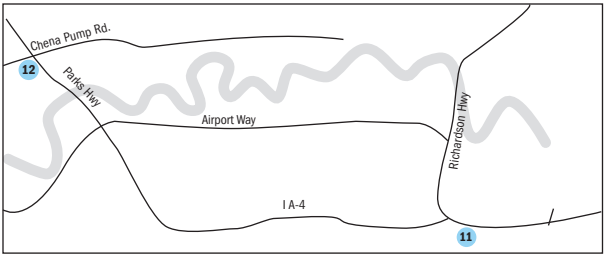


- 1 **Downtown 274-4232**
701 West 8th Avenue, Suite 100
- 2 **West 264-2720**
1400 West Northern Lights Blvd.
- 3 **East 337-9550**
5201 East Tudor Road
- 4 **Club for Women 264-2700**
1450 West Northern Lights Blvd.
- 5 **Studio 245-2223**
3841 West Dimond Blvd.
- 6 **Jewel Lake 264-2720**
3841 West Dimond Blvd.
- 7 **South 344-6567**
10931 O'Malley Centre Drive
- 8 **The Summit 365-7300**
11001 O'Malley Centre Drive

- 9 **Eagle River 694-6677**
Valley River Center
12001 Business Blvd.
- 10 **Wasilla 376-3300**
Creekside Plaza
1720 East Parks Highway

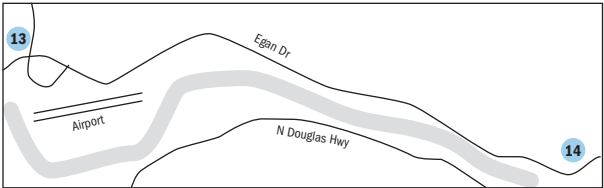


Fairbanks



- 11 **South 452-6801**
747 Old Richardson Hwy
- 12 **West 452-3777**
575 Riverstone Way, Unit 3

Juneau



- 13 **Valley 789-2181**
2841 Riverside Dr
- 14 **Downtown 586-5773**
641 W. Willoughby Ave
Suite 210

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- Entertainment System
- Conf. Room/Theater
- ExpressWay
- Elliptical Trainers
- Free Weights
- Stationary Bikes
- Pool
- Rowing Machines
- Stepmills
- Treadmills
- WiFi
- Personal Viewing Screens
- AMT's
- 24-Hour

- Group Cycling
- Group Fitness Classes
- Personal Training
- Fitness Consultations
- Hot Yoga

- Basketball Hoop
- Gymnasium
- Indoor Track
- Racquetball / Handball
- Rock Climbing / Bouldering
- Squash
- Tennis
- Pickleball

Hydromassage
Sauna
Steam Room
Whirlpool

DVD Rentals
Massage
Pro Shop
HydraFacial
UV Tanning
Spray Tanning/Moisturizing

Family Fitness Room
Family Locker Rooms
Kids' Club/Play Center
Youth Activity Room

Café
Snacks

- * Gold membership required
- O Platinum membership required
- # Men's Locker Room only
- + Women's Locker Room only

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MEMBERSHIP

SILVER MEMBERSHIP - Includes use of The Alaska Club Downtown, Jewel Lake and Fairbanks West. The Juneau Clubs are not included. Silver Memberships are available on an individual or couple basis.

GOLD MEMBERSHIP - Includes use of The Alaska Club South, East, West, Downtown, Studio Hot Yoga, Jewel Lake, Eagle River, Wasilla, all Fairbanks and Juneau Clubs and Club for Women. The Club for Women is limited to women 18 and over. Gold Memberships enjoy the rights and privileges of all Club locations, except The Summit, and are available on an individual or family basis.

PLATINUM MEMBERSHIP - Includes all the benefits of our Gold Membership and access to The Summit, the most luxurious club in The Alaska Club Network. The Summit is limited to members 21 and over.

The rules and policies contained herein may differ in Fairbanks and Juneau.

INDIVIDUAL MEMBERSHIP

An Individual Membership shall consist of an individual person, whether or not married. Spouse and children, if any, shall not be entitled to the rights and privileges of this type of membership but may be guests in accordance with the rules and regulations of the Club.

FAMILY MEMBERSHIP

A Family Membership shall consist of two adults, and up to two biological or adopted children or stepchildren up to age 25 living with parents. A family is also defined as a parent with up to three children (up to age 25) living with parents. An unmarried couple may also qualify upon submission of the Club's affidavit for Family or Couple membership.

COUPLE MEMBERSHIP

A couple is defined as two adults living in the same household or a parent with a child living at home between the ages of 12–25.



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GUESTS & FEES

GUEST POLICY

Guests may use the Club only when accompanied by a member or when on a valid guest pass. All guests 14 years of age or older must show a valid photo ID during each visit. Members 14 years of age or older may bring a guests 14 years or older. Guests under the age of 14 must be accompanied by an adult (at least 18 years old). Members of the club are responsible for the appropriateness of attire and conduct of their guests. A guest fee will be charged for each guest's visit to the Club. The Club reserves the right to limit the number of guests a member may bring to use the facilities. No individual may use the facilities of the Club as a guest on more than two occasions per month.

GUEST FEES*

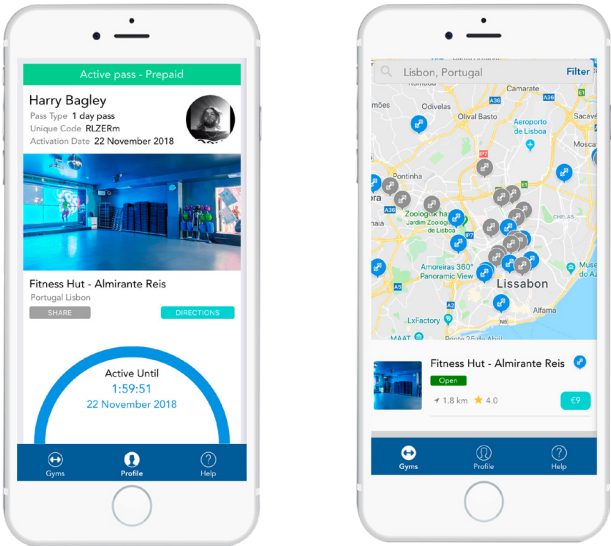
Age 17 and under	\$10
Age 18 and up	\$20
The Summit (21 and up)	\$25
Pickleball	\$20
All other racquet sports	\$25

*Guest fee is waived if the child is using a childcare facility or if the guest is only coming to observe and will not use the facility.

IHRSA

IHRSA is a not-for-profit trade association representing over 8,000 for-profit health and fitness facilities in over 70 countries. Because our club is a member of the association and participates in the IHRSA Passport Program, our traveling members receive discounted guest access at a network of participating clubs worldwide. It's simple, just follow these 3 steps:

- 1. Download the TrainAway App and set up your profile. Include the invitation code provided by your home club for a savings of 25% on one-day passes at clubs that participate in the IHRSA Passport Program.
- 2. Search for a club in the area where you are traveling and buy a pass.
- 3. When you arrive at the club you selected, activate the pass on your phone, and show it to the front desk staff to work out.





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GETTING STARTED

CHECK-IN

Our check-in procedure requires members to have their photo taken to activate their membership scan number, issued at the Member Support Desk. This helps ensure the safety of all members. If a member refuses to have their photo taken, their membership may be revoked. Members age 14 years and older must check in and present their membership card each time they enter the Club. If a member forgets their membership card, a picture ID must be presented. Members 13 and under do not receive Club ID cards and must be accompanied by an adult member to enter the Club, and must be checked in. The adult member must check in each child and remain in the Club at all times. The membership card is the property of the Club and must be presented/surrendered at the request of Club management. The Summit will require a hand scan to enter the facility from the South access.

CONDUCT

We expect members and their guests to exhibit courtesy and respect toward other members and our staff. Actions that disturb or offend other members are not allowed and all users of Club facilities must follow the directions given to them by the staff. Monopolizing equipment or furniture is prohibited. Loitering, sleeping, extended and/or repeated daily visits are prohibited. Members must be using the Club for the purposes of exercising, getting a massage or tanning, participating in Club-sponsored activities, and preparing for or cleaning up after those activities. Profanity, abusive language, threatening behaviors, and loitering are prohibited. Spitting in the drinking fountains and hanging on basketball rims is strictly prohibited. The Club reserves the right to terminate the membership or privileges of any person who fails to comply with Club rules or for behaviors contrary to the best interest of the Club.

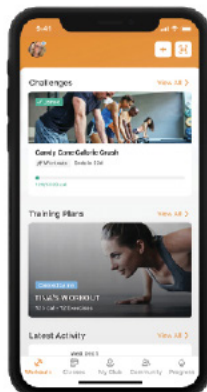
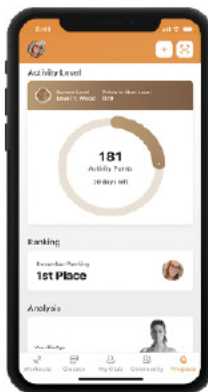
ATTIRE

We encourage members to wear workout clothing that is comfortable and does not inhibit their ability to perform the activity they are involved in. Attire must meet the following requirements:

- Members must wear shirts, appropriate pants or shorts, and athletic shoes in all areas of the Club except the locker rooms and the pool area. Jeans, cutoffs or pants with pockets or rivets damage the equipment and are not acceptable. (Bare feet are allowed for Yoga, PiYo®, Pilates® and Group Centergy classes.)
- No street shoes are allowed on any court or the indoor track.
- No shoes are to be worn on the pool deck area.
- Eye guards are mandatory when using the racquetball/handball courts.
- Cycling shoes permitted only in the immediate Group Cycling area.
- Appropriate swimwear must be worn in the pool.
- Clothing must be worn while on the furniture in the locker room lounges.
- Spikes or metal cleats of any kind are prohibited past the Member Support Desk.

MOBILE APP & TACONNECT APP

Download our mobile app from iTunes or the Google Play store for Club hours, locations, schedules, to scan into clubs, earn rewards and more. TAConnect is a free virtual workout platform available to all Alaska Club Members!



WEBSITE - thealaskaclub.com

The Alaska Club website is a useful tool for members. You can find Club hours, job openings, member newsletters, schedules, tournament entry forms and health tips, as well as special promotions. Members may also register for classes, schedule services, view their account info and pay their dues online.

MEMBER BILLING/IN-CLUB CHARGES

If you have charging privileges, you may use your membership card to charge items purchased in the clubs on your account. Your charges will be billed on your monthly statement available online around the first of every month. Statements reflect the past month's charges and the current month's dues. For members who setup paper statements, their payments are due on the 25th. Payments are considered past due on the 26th and subject to a late fee. Members set up on auto pay agree to different terms. However, if their auto payment is unsuccessful for any reason they have until the 25th to make a full payment and avoid a late fee.

Payments may be made by:

- Automatic deduction from your bank account.
- Charge to your credit card.
- Online at thealaskaclub.com. Choose "My Account" from the menu bar and follow the login and payment instructions on the screen.
- By mail.
- At the Member Support Desk at any location.

If you have any questions regarding your billing, contact the Accounting Department:

- Phone: 330-0102 East, M-F: 7am-6pm, Sat: 9am-1pm
- Membership account information is also available using the "Member Login" link at thealaskaclub.com.

DAMAGES

Any damage to the Club's property by any member, member's guest or dependent children shall be paid for by the member.

LEAVE OF ABSENCE

With appropriate documentation from their physician, members may apply for a leave of absence if they are unable to use the Club because of prolonged illness or injury. Members may apply for a business leave in writing in advance and must accompany such requests with proof from their employer. The dues of members on leave of absence shall be established by the Club and may be changed from time to time. No portion of such fee will be refunded.

AMENDMENT OF RULES AND REGULATIONS

The Club may adopt other rules or regulations or policies not herein covered and all members will be obligated to comply with such rules, regulations or policies. If new rules or regulations are adopted, they will be published as "Additional or Substitute Rules and Regulations." Changes in the monthly dues shall not constitute an amendment requiring publication. All applications and Membership Agreements prescribed by the Club, shall be subject to payment of the required enrollment fees and the approval by the Club. Persons under the age of 18 must have the signature of a parent or guardian assuming financial liability for membership and waiver of claims for the minor. By signing this document, the applicant(s) are stating that all information provided for membership is true and correct to the best of their knowledge. This agreement with attachments contains the entire agreement between the Club and the member and may not be modified verbally by any employee.



LOCKER ROOMS

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LOCKER ROOMS

All locker rooms, with the exception of Express Clubs, have a variety of amenities including towels, shampoo, soap, lotion, and hair dryers. Towels are located in the locker rooms or at the Member Support Desk. Please use the designated bins to deposit towels after use. Locker rooms and lobby lounges are intended for your use in transition to and from the club and are not intended for extended use.

Mothers are welcome to nurse their children anywhere in the Club they feel comfortable. This includes all age-restricted locker rooms with the exception of The Summit.

LOCKER RENTALS - East, South, Downtown Wasilla, The Summit, Juneau Downtown & Valley and Fairbanks South

Rental fees are \$15 per month at The Summit, \$10 per month in Fairbanks and \$8 per month at each of the other Clubs. The Member Support Desk staff can assist you in the locker rental process or in day use locks. Day use lockers must be emptied each night. If a lock is left on a day use locker, it will be cut and a \$10 fee will be assessed. This fee may be applied toward rental.

CAMERA USE AT THE ALASKA CLUB

The use of cameras is strictly prohibited in the locker room, sauna, whirlpool/spa and steam room areas of The Alaska Club.

All public areas of the clubs are video recorded for safety and security purposes.



CLUB FOR WOMEN

• Locker Room

Open to female members 18 years and older. Sauna, steam room, whirlpool, tanning beds, massage and two private dressing areas are all located in the locker room.

DOWNTOWN

• Locker Rooms

Open to members 14 years and older. Sauna is available in both locker rooms.

EAGLE RIVER

• Adult Locker Rooms

Open to members 14 years and older. Both locker rooms have saunas and steam rooms.

• Family Locker Rooms

Locker rooms are available for all members, and must be used by children 13 years and younger. We ask that children 4 years and older use the family locker room of their own gender.

• Private Family Changing Room

A private changing room is available for families with children 4 years and older of the opposite gender. Use of the room is limited to 10 minutes per visit.

• Wheelchair Accessible Dressing Room

This restroom, and locker room, are wheelchair accessible and includes a toilet, lockers and shower.

EAST

• Adult Locker Rooms

Open to members 14 years and older. Sauna, steam room, whirlpool and access to the pool are available in this locker room.

• Adult Annex Locker Rooms

Locker rooms include comfortable lounges and are available to members 21 years and older.

• Family Locker Rooms

Locker rooms are available for all members, and must be used by children 13 years and younger. Children 4 years and older must use the family locker room of their own gender. Children 3 years and younger may use the family locker room of their parent's gender.

• Private Family Changing Room (located on pool deck)

A private changing room is available for families with children 4 years and older of the opposite gender. Use of the room is limited to 10 minutes per visit.

• Wheelchair Accessible Dressing Room

This restroom, and locker room are wheelchair accessible and includes a toilet, lockers and shower.

EXPRESS FAIRBANKS

• Adult Locker Rooms

Open to members 14 years and older. No towels available.

FAIRBANKS SOUTH

• Adult Locker Rooms

Open to members 14 years and older. Both locker rooms have saunas and steam rooms.

• Family Locker Rooms

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

JEWEL LAKE

Open to members 14 years and older. No towels available, or locker rooms. Day use lockers and changing rooms provided.

JUNEAU DOWNTOWN

- **Adult Locker Rooms:** Open to members 14 years and older, with steam room and sauna.

JUNEAU VALLEY

- **Adult Locker Rooms:** Open to members 14 years and older, with whirlpool and sauna.

SOUTH ANCHORAGE

- **Adult Locker Rooms:** Open to members 14 years and older, with steam room and sauna.
- **Family Locker Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

- **Private Family Changing Rooms**

Two private changing rooms are available for families with children 4 years and older of the opposite gender. Use of the rooms are limited to 10 minutes per visit.

- **Wheelchair Accessible Dressing Room**

This restroom, and locker room, are wheelchair accessible and includes a toilet, lockers and shower.

STUDIO

Studio does not have locker rooms. However we have lockers available to store your personal items and changing rooms.

THE SUMMIT

- **Locker Rooms**

Open to Platinum members 21 and older. Sauna, steam room, whirlpool, tanning beds, private bathrooms, showers, lemon water, coffee and tea are available in the locker rooms. Members must remove shoes upon entering the locker rooms.

WASILLA

- **Adult Locker Rooms**

Open to members 14 years and older. Steam room, sauna and hot tub available in both locker rooms.

- **Family Locker Rooms**

Locker rooms are available for all family members, and must be used by children aged 13 years and younger. Children 4 years and older must use the family locker room of the same gender.

- **Private Family Changing Rooms**

Two private changing rooms are available for families with children 4 years and older of the opposite gender. Use of the rooms are limited to 10 minutes per visit.

- **Wheelchair Accessible Dressing Room**

This restroom, and locker room are wheelchair accessible and includes a toilet, lockers and shower.

WEST ANCHORAGE

- **Locker Rooms**

Open to members 14 years and older only. Both the men's and women's locker rooms have a lounge, sauna and steam room. The women's locker room is closed nightly from 1-2am. The men's locker room is closed nightly from 2-3am.

- **Wheelchair Accessible Dressing Room**

This restroom, and locker room, are wheelchair accessible and includes a toilet, lockers and shower.



FITNESS **5**

FITNESS STAFF

The Alaska Club's fitness staff can provide guidance on how to use all the equipment and technology in the gym. Don't hesitate to ask anyone of them to assist you with equipment and information you may need to assist with your work out. Learn more about our staff at thealaskaclub.com/fitness-tools.

OUR HIGH PERFORMANCE EQUIPMENT

The Alaska Club continually invests in the high performance, technologically advanced equipment for our members, including:

- ExpressWay Circuit- Full body circuit located in all our facilities
- Weight training, resistance, free weights and functional training equipment
- Cardiovascular Equipment:
 - o Treadmills, Elliptical, AMT
 - o Ski Erg
 - o Rowing machines
 - o Lateral Trainers
 - o Stepmills
 - o High Incline Trainers
 - o Recumbent and upright bikes

EXPRESSWAY

The ExpressWay system provides a full-body circuit of easy to use strength-training equipment. Simple seat adjustments allow you to dial in the best fit for you. Time efficient system to target all large muscles groups. Suggest to use 2 to 3 times per week with at least one day in between Expressway or other strength training workouts. Start with a lower weight and move slowly with great control. When you can complete 12-15 repetitions with ease, it may be time to increase your weight selection to the next level.

GROUP FITNESS

Over 50 types of classes are available throughout The Alaska Club Network for those 14 years old and older. Children ages 10–13 may attend classes when accompanied by a parent and able to participate without disruption to others. Special classes are available for youth. The Group Fitness schedule is available on the website, club app and on the TV schedules within the clubs. No camera usage during classes without prior management approval. Contact Group Fitness Management by emailing groupfitness@thealaskaclub.com

WORKOUT AREAS

You are required to be familiar with policies in the fitness areas. Water must be in a covered plastic or metal container at all times. Bags, purses and backpacks are not allowed in workout areas. Personal items such as mats or jump ropes may be brought into the studio and club for usage. Fitness equipment, such as weights, kettle bells and TRX may not be brought into the clubs.

YOUTH FITNESS OPTIONS / EXPRESSWAY

Youth ages 14 and up are allowed access to all fitness areas, including Group Fitness classes. This does not apply to The Summit, the 21+ room, or The Club for Women. See section 11 for more youth fitness options. Youth 10–13 must be accompanied by an adult in the ExpressWay and all fitness areas where youth of these ages are permitted. Free-weight areas are off limits to all youth under the age of 14. The ExpressWay is recommended as an orientation to the fitness areas.

ADULT FITNESS CENTER - South Anchorage

The Alaska Club South offers an Adult Fitness Center for members and guests that are 21 years and over. A selection of Nautilus equipment, free weights and a stretching area is available to meet your fitness needs.

TRACK - East, Eagle River and Fairbanks South

An indoor track is located upstairs surrounding the free weight and cardiovascular workout areas. Children ages 12 and 13 years may use the track with parental supervision.

Direction: Track direction changes daily. Please see posted signs. No stopping or standing in the lanes is allowed. Before getting on the track, check to see which direction you should be going.

PERSONAL TRAINING STUDIOS

This is a private training area for Personal Trainers to work with their clients. Members may not use this space unless working with a trainer. Equipment that is stored in the PT Studio may not be removed from the studio.

GROUP FITNESS STUDIOS

This space are used for Group Fitness Classes, Fitness Programming and other club organized events. Can be used by individual members ages 14+ during times between classes and programming. Group events may not occur unless organized by The Alaska Club Management. Stereo systems are for class and program use only. Fitness equipment in the studios is available for personal use, please replace them when you are finished.

PERSONAL ENTERTAINMENT CONSOLES

Most of our cardio equipment is fitted with Preva personal entertainment screens

- Enjoy more interesting workouts with the best web content and entertainment apps, in an easy-to-read format, along with on-demand video channels like music videos, comedy, news and sports, Netflix, Hulu, Spotify and iHeart Radio apps.
- Set your own weekly goals based on calorie burn, distance or workout duration.
- Track your progress to goals and earn fun badges for your achievements.
- Save your favorite workouts so that you can replay the same workout another time.
- Traveling? No problem! Track your workout and access your progress anywhere in the world in a facility that features networked Precor cardio line equipment.

ADDITIONAL ENTERTAINMENT SYSTEMS

Tune into various television and music channels, or listen to your own music, through AudioFetch. Headphones are available for purchase from the Pro Shop (at select clubs) or use the headphones and ear pads provided.

AUDIOFETCH

Listen throughout the club without being tethered to cardio equipment. AUDIOFETCH streams real-time TV audio to your smartphone.

1. To use, download the FREE AudioFetch app at Google Play or Apple iTunes.
2. Your device MUST be on "Alaska Club WIFI".
3. Your audio sources will begin transporting by AudioFetch to your phone with a WiFi router or switch.
4. Listen to TV channels in real-time. Enjoy!

Please ask Fitness Personnel for any assistance required.





FITNESS SERVICES

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FITNESS PROGRAMMING

Fitness Programs are offered on a monthly schedule and include series such as Dance, Martial Arts and Wellness Seminars. To view the current programs, refer to thealaskaclub.com or The Alaska Club app.

PERSONAL TRAINING - All locations (except Jewel Lake)

Personal Training provides efficient, convenient, and individualized workouts tailored to meet your needs. Postural and movement screenings are included in the training sessions allowing you to maximize results for your entire body. Learn how to measure success, manage stress and make lifestyle changes. A dedicated, certified Personal Trainer will help you reach your potential, enabling you to develop sound training techniques based on your health and fitness requirements. *

Advanced Trainers: one certificate/degree, 6 months - 2 years experience

Expert Trainers: more than one certificate/degree, over 2 years experience

Master Trainers: multiple certificates/degrees, over 5 years experience

* Personal Training and coaching may only be provided by The Alaska Club certified personnel

PERSONAL FITNESS CONSULTATION

A one-hour consultation with the Fitness Consultant consists of a review of your health and fitness goals, a variety of assessments and measurements, equipment orientation and a short demonstration on proper technique. You will receive program recommendations to best suit your goals and help achieve your results at the club. Schedule your consultation by visiting thealaskaclub.com/request-fitness-consultant for more information and to request a fitness consultation.

For more information on The Alaska Club's Personal Training services:

- East - 330-0193
- Eagle River - 365-7320
- South, The Summit - 330-0152
- West, Club for Women, Downtown - 264-2778
- Wasilla - 864-7145
- Juneau - 364-4322
- Fairbanks - 458-1742
- Visit thealaskaclub.com/personal-training

TACONNECT ONLINE WORKOUTS

Your membership to The Alaska Club includes TACONNECT – workouts available to you via live streaming as well as on demand from the website and within the club app. From the website you'll find the live stream Zoom links as well as many on demand workouts from Les Mills and content created by our own instructor team.

<https://www.thealaskaclub.com/tacconnect>

Within the club app, you'll find on demand workout videos from Les Mills covering all aspects of fitness to include Strength, Yoga, Core, Cardio and Recovery.

- Open the Club app
- Hit the Workouts Tab on the bottom
- Scroll down to the Les Mills Banner
- Click on View all to see all the options



SWIMMING POOLS

7

SWIMMING: GENERAL INFORMATION

The Alaska Club features indoor swimming pools at the Eagle River, East, South Anchorage, Wasilla and Fairbanks South Club locations. Each pool offers a wide variety of recreational activities that may include lap swim, open swim, Masters swim, aqua Group Fitness classes, and a splash park (Wasilla & Eagle River) for kids are included as part of your membership benefits. Pool schedules may be obtained by visiting The Alaska Club website, thealaskaclub.com, or downloading The Alaska Club app.

Please see the rules located near the pool concerning pool usage. Appropriate swimming attire is required in the pools. Alaska health codes prohibit cotton shirts and cut-off shorts from being worn in the pool. Swim diapers must be worn by infants. It is also mandatory to shower prior to entering the pool or whirlpool. When using the whirlpool located on the pool deck, please read posted rules before entering. **Children under the age of 14 must be accompanied by an adult while using the whirlpool (must be 4'6" tall in Fairbanks, no age requirement).**

Masters Swim Team

- Anyone 18 and older may participate in the Masters program.
An experienced coach will provide workouts and coaching for conditioning and stroke improvement.
- Meeting times are listed in the Group Fitness and Pool Schedules on thealaskaclub.com or on The Alaska Club app.

Kids' Swim Team Skills Class

- The swim team skills class are designed to help develop swimming skills as well as promote physical fitness. The teams class also teach basic speed swimming techniques and encourage teamwork skills. Specific times and sessions can be found online at thealaskaclub.com.

EAST

The East Club has a full-size pool with six lanes -- two of which are usually available for adult lap swim -- diving board, and one water slide.

SOUTH ANCHORAGE AND THE SUMMIT

The South Club has a pool with five lanes for lap swimming, a shallow family area and a 52 foot water slide. The family pool is available for open swim during club hours unless the pool is scheduled for swimming lessons or other club events. The Summit Club members have direct access to the pool. Adults must accompany children for non-supervised open swim and in the on-deck whirlpool.

EAGLE RIVER

The Eagle River Club has a pool with four lanes for lap swimming, an on-deck whirlpool, 70 foot water slide and splash park area for children. The splash park requires an adult to be present to supervise children under the age of 12.

WASILLA

The Wasilla Club has a pool with five lanes for lap swimming, an on-deck whirlpool, 100 foot water slide and splash park area for children. The splash park requires an adult to be present to supervise children under the age of 12.

FAIRBANKS SOUTH

Features six lanes in the full-sized swimming pool with diving board, water slide and whirlpool. All pool activities are open on a walk-on basis, except swim team and lessons. Open swim is offered at least once a day.



SWIMMING LESSONS

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STARFISH ACADEMY - South, East, Eagle River, Wasilla and Fairbanks South

Starfish Academy strives to give our students the care and individualized attention they need at an affordable price. With our certified, experienced instructors and smaller class sizes, we can offer more specialized group lessons. Visit thealaskaclub.com for pricing information or to register online.

Aquatic programs offered through Starfish Academy:

- Little Ones with a Parent
- Preschool Aquatics 1
- Preschool Aquatics 2
- Preschool Aquatics 3
- Learn to Swim 1: Introduction to Water Skills
- Learn to Swim 2: Fundamental Aquatic Skills
- Learn to Swim 3: Stroke Development
- Learn to Swim 4: Stroke Improvement
- Learn to Swim 5: Stroke Refinement
- Swim Team Skills
- A1: Beginner Adult Stroke Refinement

** Only available at the East location*

+ Available at East and Fairbanks South



Registering for group swim lessons

Group swim lesson schedule information and registration can be done online at thealaskaclub.com or in person at the Member Services Centers, or by calling the Reservation Specialist at 365-7393.

Private lessons are offered daily for all skill levels.

To schedule a private lesson, please contact the Reservation Specialist at 365-7393.

** Prices and availability may vary in Fairbanks. Call the number above for details.*

Only The Alaska Club staff can provide swim lessons at the Club.



RACQUET SPORTS

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RACQUETBALL/HANDBALL/SQUASH - East, South, Eagle River, Wasilla, Fairbanks South and Juneau Valley

There are five racquetball/handball courts at the East location. Court five is convertible to a squash court. The South and Fairbanks South locations have three racquetball courts. The Juneau Valley, and Wasilla locations each have two racquetball courts. The Eagle River location has one racquetball court. We have established the following guidelines to assist in your court enjoyment.

- All players on the court must be racquetball or tennis members or have paid a racquetball guest fee.
- Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account.
- Courts will be open for play as posted at the Clubs.
- Gold Fitness members have walk-on privileges.
- Nonmembers must pay \$25 guest fee to use racquetball courts, and must be accompanied by a member.

Court time:

- a. Court time is one hour long, beginning on the hour or half hour.

RESERVATIONS

Reservations can be made at the Member Support Desk at either club or online at thealaskaclub.com.

In order to reserve a court, members will be required to give:

- a. Name
- b. Membership number
- c. Name(s) of playing partners

Advance reservations*:

- a. Each membership (e.g. Family, Individual) may have only one advance reservation on the books at a time.
- b. This reservation may be made up to four days in advance (the day of play being the fourth day) and may be made by anyone on the membership. As soon as that reservation is played off, anyone on the membership may sign up for another advance reservation.
 - A member's advance reservation will be cancelled if the member has double-booked or gives an invalid member number.
 - Someone on the reservation membership must be on the court during the reservation period.
 - Court reservations are not transferable to playing partner(s).
 - Advance reservation cancellation: reservations must be cancelled four hours in advance or a \$15 no-show fee will be charged. A \$15 no-show fee will be charged for failure to check in with the Member Support Desk to claim the reserved court. Your membership card must be shown at time of check in.
 - Court must be claimed within ten minutes or it may be reassigned.
 - Play is limited to no more than twice daily under any circumstances.

*Member can only make reservations for themselves and not for other members. Nonmembers are not able to make reservations.

Attire:

- a. Only proper attire shall be worn on the courts. No footwear other than clean, non-marking court shoes may be worn on courts.
- b. The use of eye guards and wrist straps is mandatory for the protection of all members and their guests when using the courts.

Guests:

- a. The guest fee for racquetball and handball courts is \$25.
- b. Each guest is only permitted to play twice per month.

Lessons:

The Clubs (except Juneau) provide a professional staff from whom instruction may be taken.

- a. Private lessons are available.
- b. Members must utilize the Clubs' professional staff when receiving instruction. No other instruction is allowed on Club courts or in Club facilities. Family members may, however, provide instruction to other family members.
 - Leagues, clinics, camps, tournaments and private lessons are available throughout the year. Information on these can be found on our website at thealaskaclub.com.
 - Eye guards, racquets and racquetballs are available at the Member Support Desk of each club; we have these items for check-out or sale.

Children:

Children through the age of 11 must be accompanied by an adult while using the racquetball and squash courts, unless participating in a lesson, Club sponsored activity or with specific approval of the racquetball department. Children under the age of 3 are not allowed on the courts at any time.

Challenge courts:

- a. Players must abide by the challenge rules posted in the court area.
- b. Times reserved for challenge courts available at the Member Services Desk.

PICKLEBALL - East, South, Eagle River and Juneau Valley

This fun sport combines many elements of tennis, badminton and ping-pong. Pickleball can be played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes. Team up with a partner for doubles, or play one-on-one singles. We have established the following guidelines to assist in your court enjoyment.

- All players on the court must be members or have paid a pickleball guest fee.
- Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account.
- Access to the Pickleball Designated Areas Only.
- Gold Fitness members have walk-on privileges.
- Nonmembers must be accompanied by a member.

Guests:

- a. The guest fee for pickleball courts is \$20 per visit.
- b. Each guest is only permitted to play twice per month, except at Juneau Valley

TENNIS - East and Juneau Valley

The East location has four indoor tennis courts and a member tennis lounge. Juneau Valley has two indoor courts. The following guidelines have been established to make your playing experience pleasurable:

- Players on the court must be Tennis members or have paid a tennis guest fee.
- Courts will be open for play as posted at each club.
- Court time is one hour and 15 minutes.
- Reservations can be made online at thealaskaclub.com.
- Reservations can be made by phone (East, 337-9550; Juneau, 789-2181) or at the Member Support Desk.
- In order to reserve a court, members will be required to give:
 - a. Name
 - b. Membership number
 - c. Name(s) of those they will be playing with, if known.
- East has after hours court time available 24/7. No need to reserve courts for after hour access, but it is encouraged.

Advance reservations*:

- a. Each individual membership (e.g. family, individual) may have one advance reservation on the books at a time.
 - b. Each family membership may have two advance reservations on the books at a time.
 - c. Reservations may be made up to four calendar days in advance (the day of play being the fourth day) and may be made by anyone on the membership. As soon as that reservation is played off, anyone on the membership may sign up for another advance reservation.
- Someone on the reservation membership must be on the court during the reservation period.
 - Court reservations are not transferable to playing partner(s).
 - Advance reservation cancellation: Reservations must be cancelled at least four hours in advance or a \$15 no-show fee will be charged to your account.
 - A \$15 no-show fee will be charged for failure to check in with the Member Support Desk to claim the reserved court. Your membership card must be shown at time of check in.
 - The court must be claimed within 15 minutes of the scheduled time or it may be reassigned.
 - A member's advance reservation will be cancelled if the member has double booked or gives an invalid member number.

*Member can only make reservations for themselves and not for other members.
Nonmembers are not able to make reservations.

**Includes holidays and days the club is closed.

Attire:

Only proper attire (no cut-offs, street clothes, etc) shall be worn on the courts. Non-marking shoes are required for all tennis courts.

Guests:

- a. The guest fee for tennis is \$25.
- b. Each guest is welcome to play a maximum of twice a month.
 - Rental fee for the ball machine is \$5.

Lessons:

Each club provides a professional staff from whom instruction may be taken. Lessons range in price per hour depending on the experience of the pro. Members must utilize the Club's professional staff when receiving instruction. No other instruction is allowed on Club courts, or in Club facilities. Family members may, however, provide instruction to other family members.

Children:

Children through the age of 11 must be accompanied by an adult while playing tennis unless participating in a lesson, club-sponsored activity or with approval of the tennis department. Children 3 years old and younger are not allowed on the courts at any time. Only tennis play is allowed on the courts.

- Private lessons must be cancelled 24 hours in advance, otherwise the full lesson charge will be made.
- Group lessons and private lessons are available for both juniors and adults.
- Players should pick up all the balls on their court and curtain area after play.



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GYMNASIUM

WEST, CLUB FOR WOMEN, SOUTH, THE SUMMIT, EAGLE RIVER, JUNEAU VALLEY AND FAIRBANKS SOUTH have full court basketball available. Platinum members may use the Anchorage South gymnasium, which is connected to The Summit. Club for Women members may use the West gymnasium.

EAST & WASILLA

East and Wasilla locations also have gymnasiums available for recreational use. Children under the age of 12 must be accompanied by an adult.

Basketballs are available to borrow. Membership identification is required to check out equipment. The gymnasium closes 15 minutes prior to the posted facility closing time.

Note: The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club.



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YOUTH

RULES FOR YOUTH

1. Youth ages 14 and up are allowed access to all fitness areas including Group Fitness classes (except The Summit, South 21+ room and Club For Women).
2. Youth ages 10-13 are allowed to participate in the ExpressWay workout and Group Fitness classes when accompanied by an adult.
3. All children and youth ages 6-13 are welcome in our Family Fitness rooms at the East and Wasilla locations when accompanied by an adult. Children ages 6-11 are allowed in the Rock Climbing room (West/South/Wasilla) and Member Support Desk/Lounge area only while being accompanied by an adult.
4. Children under the age of 6 must be accompanied by an adult at all times, in all areas of the club.
5. The Summit is an adult (21 and over) facility and youth are not permitted.
6. The Club for Women is an 18 and older facility and youth are not permitted.
7. Use of whirlpool baths, saunas, steam rooms and tanning facilities are not recommended for children under the age of 14.

Swimming Pools - South, East, Eagle River, Wasilla and Fairbanks South

- Children under 10 are not allowed to swim in the lap lanes and are only permitted in the pool during Open Swim times. Children under 6 must be accompanied by an adult in the water at all times, except at the Wasilla and Eagle River, where a kids splash park is located.
- **Children 7-9 are permitted in the pool during open swim as long as parents remain on the deck.**
- **Children 10-13 years old are permitted in the pool during open swim as long as parents are in the building (parents do not have to be in the water or on the pool deck).**
- The aquatic staff has the authority to request that a child leave the pool area if the behavior or the safety of the child is in question.
- Only The Alaska Club staff can provide swim lessons at the Club.

Tennis & Racquetball - East, Wasilla, Eagle River, Fairbanks South and Juneau Valley

- Children 11 years and younger are not allowed in the court area unless they are playing with a parent, involved in a lesson or with specific approval of the tennis or racquetball department or Club management.
- Children 3 years and younger are not allowed on the courts at any time.

Adult Locker Rooms - Anchorage South, East, Wasilla, West, Fairbanks South and Juneau Valley

- Children 13 years and younger (including infants) are not allowed in the Main Adult Locker Rooms. See family locker room policies below.

Annex - East

- Must be 21 years and older to use the locker room annex. Infants are not allowed in this locker room.

Family Locker Rooms - Anchorage South, East, Eagle River, Fairbanks South and Wasilla

- All members 13 and under must use these locker rooms.
- Unaccompanied children 6 and older may use these areas when an adult has checked them in and that adult remains in the Club. Children 4 years and older must use the locker room of their own gender. Children under 4 years are permitted to use the family locker room of their parent's or guardian's gender.

*Private changing rooms are provided at the South Anchorage, East, and Wasilla locations.

Family Fitness Center - East and Wasilla

- All children and youth ages 4-13 are welcome in our Family Fitness rooms when accompanied by an adult.

Rock Climbing Tower - Wasilla

- Check Clubs for current climbing instruction programs.

Rock Climbing Warning:

All climbing activities, either roped or unroped, indoors or outdoors are inherently dangerous. Climbing activities can lead to serious injury or death. All persons engaging in climbing activities do so at their own risk. The Alaska Club assumes no responsibility for equipment failure, poor judgement, injury or death incurred by anyone participating in climbing activities.

Climbing Tower Guidelines:

- Must be 13 years or older to belay.
- Prior belay certification required before using tower.
- When belaying a person of equal or greater weight you are required to use the daisy chain anchor.
- Climbers can check out harnesses at the Member Support Desk.
- All privately owned climbing equipment not issued by The Alaska Club must be inspected prior to use.
- Leaning mats against the climbing structures indicates that the section is closed to climbing. Do not lay down the mats and climb when a section is closed.
- Horse play is not allowed.

Bouldering Wall - South Kids Zone, and Juneau Valley Kids Zone

- Check Clubs for current climbing instruction programs.

Bouldering Wall Guidelines:

- Children must be 12 or older to be in the room without parental supervision.
- **Children 6-11 are allowed in the room only while accompanied by an adult.**
- No food or drink allowed in the climbing area (covered water bottles only).
- Leaning mats against the climbing structures indicates that the section is closed to climbing. Do not lay down the mats and climb when a section is closed.
- Horse play is not allowed.

Kids' Zone - South, East, Eagle River, Wasilla, Fairbanks South, and Juneau Valley

Kids' Zones are provided for members and their guests age 6 to 16.

Free video games are available on a first-come-first-serve basis in the youth areas of the club. The games are unsupervised.

Kids' Play Centers - South, East, West, Club for Women, Eagle River, Wasilla, Juneau Valley and Fairbanks South

- Play Centers are free with Membership Plus. Up to 2 Children, 1 visit per day (2 hours per visit)
- A 10-visit Play Center electronic punch card is available for \$30 at the Member Support Desk and can be used at any of The Alaska Club Kids' Play Centers. A \$4 charge will be applied to those not using an electronic punch card. The following rules apply at all Play Centers:
 - Visits are limited to two hours in length, and a minimum of four hours must elapse between them.
 - A late fee of \$1 per minute will be charged if a parent arrives after the 2 hours have lapsed or past closing times. There is a 5 minute grace period.
 - Children 6 weeks through age 9 are welcome.
 - Children must be signed in and out by a parent or guardian. Siblings may not sign the child in unless they are 18 years of age or older.
 - Children must behave in an appropriate manner determined by the attendant, or the parents will be contacted and may be asked to remove the child from the Play Center.

- If the child cries and is inconsolable after 5-10 minutes, the parent will be contacted.
- Parents must remain on the premises of the location and must note their destination(s) on the sign-in sheet.
- No outside food or beverage allowed except water and parent-fed bottles (except in Fairbanks and Wasilla).
- Socks are required.

The Alaska Club Kid's Play Center Waiver, Release of Claims and Indemnity Agreement

When a member leaves a child in The Alaska Club Kid's Play Center, they are acknowledging and authorizing the following:

1. For each child I am signing into The Alaska Club Kids' Play Center, I agree to defend, indemnify and hold harmless The Alaska Club, its employees, officers and directors from any claim for personal injury or death that occurs to or by the child while the child is placed in The Alaska Club Kids' Play Center.
2. I understand that The Alaska Club Kids' Play Center is not a licensed childcare facility, but does follow specific requirements established by AMC 16.55.050. I will inform the play center staff of any health or emergency related information about the child/children that I check into the facility. I also agree that I will be located in the areas I've designated on this form so I can be located in case of an emergency.
3. I expressly agree that use of the club's facilities, equipment and transportation provided by the club shall be undertaken by my minor dependents at my sole risk. In consideration for use of the club's Kids' Play Center, I for myself and on behalf of my heirs, successors and assigns, as well as on behalf of any minor dependents who utilize the club's facilities and equipment, do hereby forever release and discharge the club, its owners, officers, employees, agents, assigns and successors from all claims, demands, causes of action, lawsuits and liability for any death, injury or damages of any nature whatsoever incurred while using the club's facilities or equipment, or while participating in any club sponsored activity, or while utilizing any transportation provided by the club, including without any limitation, those injuries, deaths or damages resulting from acts of active or passive negligence on the part of the club, its officers, agents or employees.
4. Please note that visits are limited to 2 hours. A late fee of \$1.00 per minute will be charged after 2 hours or after closing. I hereby authorize The Alaska Club to charge my account or electronic punch for each child I have signed in.

Summer Fun Camp - May-August at East, Anchorage South, Eagle River, Wasilla, and Fairbanks South. The Alaska Club Summer Camp offers eleven- twelve weeks of fun for kids ages 5-12, allowing them to explore, play and grow all summer long. Each week focuses on a specific theme designed to expand their imagination and creative nature. Each day features a variety of hands-on, age appropriate activities where everyone has the opportunity to experience sports, arts and crafts, outdoor activities and daily swimming. Your kids will have fun, get their energy out and build memorable friendships.

Learn more at thealaskaclub.com/camps or call 907-365-7393.

Day Care Assistance*

We accept DCA: click here for the State of Alaska DCA information page for more details and to apply.

*If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend)

If you have questions, call the Camp Hotline @ 907-365-7393 or callcenter@thealaskaclub.com.
*Daycare assistance accepted at East, Wasilla, and Fairbanks South.

KIDS' PLAY CENTER

Please visit www.thealaskaclub.com/kidsplaycenters for Play Center Hours

Children 6 weeks to age 9 are welcome. Changing stations are available for parents to change their child's diapers.

South/The Summit
East
West/Club For Women
Eagle River

Wasilla
Fairbanks South
Juneau Valley

Discounts are available with the Membership Plus and Good Life memberships.





SERVICES

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UV TANNING - All locations

Parental consent is required for those under 14. Single tans are (with federal tax) \$12.00 per visit, Juneau is \$6.90 per single tan. Members may purchase a 10 session series sale for \$65.00. Tanning sessions can be used network-wide. A variety of tanning lotions are available for purchase at the Member Support Desk. A federal tanning taxes applies.

At the East, The Summit, West, South, and Club For Women, we offer the VHR, a "Very High Reflector" stand-up tanning booth. For pricing information or to make a tanning appointment, contact the Member Support Desk. **If you are unable to make your appointment, please call in advance so we may make the time available for another member.**

Fairbanks West Club has 24 hour tanning available. Prepaid tanning cards may be purchased in advanced which would allow the user to operate the tanning bed once in a 24 hour period. Cards expire 30 days after first use.

SPRAY TANNING - South, East, West and Wasilla

Available with optional Moisturizing Treatment (see below)

- Full Body tanning: \$20 medium, \$25 dark.
- Add "Instant" color solution for \$5.
- Add Moisturizing Treatment for \$5.

SKIN MOISTURIZING TREATMENT - South, East, West, and Wasilla

A full-body, evenly applied, anti-aging and skin firming solution that leaves your skin feeling rejuvenated, revitalized, and reenergized.

PRO SHOP - All locations (except Express clubs)

Each location has a pro shop geared for your athletic needs. We encourage you to come in and take a look at our great selection of sports gear.

MASSAGE - East, West, Wasilla, Eagle River, Club for Women, South, The Summit and Fairbanks South
Appointments can be made by contacting the Member Support Desk. Your comfort is important to us and you will not be required to disrobe beyond your comfort level and will be modestly draped with a sheet or towel. Please note that we require a four hour cancellation notice or you will be charged a no-show fee of \$35.

	Member	Nonmember
55 minutes	\$55	\$65

HYDROMASSAGE - West, East, South, Eagle River, The Summit, Wasilla, Fairbanks South, and Juneau Valley, and downtown.

Hydromassage beds provide a full-body massage experience without the need to undress. Sessions are in 5-minute increments. Schedule and pay for your session at the Member Support Desk. Free for Membership Plus and Good Life members!

HYDRAFACIAL® - The Summit, West, East and Eagle River

Great for all skin types, the HydraFacial MD® Treatment is not only highly effective at improving overall skin health, but also excellent for remedying fine lines and wrinkles, enlarged pores, elasticity & firmness and much more. The HydraFacial MD® combines cleansing, exfoliation, extraction, and hydration all while delivering antioxidants, Hyaluronic Acid, peptides and other essential nutrients.

DVD RENTALS

All locations have DVD and/or Blu-Ray® rentals except Anchorage Downtown, and Fairbanks Express. New Release DVDs may be rented at all club locations. DVDs are available for \$2.99 for a two-day rental. DVDs must be returned to the same club where they were rented. Late fees apply.

CLUB RENTALS/PARTIES

Several of The Alaska Club locations listed below are available to rent for events such as birthday parties, corporate events and "lock-ins". Call a Reservation Specialist at 264-2755 to reserve space:

West –

Conference room, basketball court and Kids' Play Center

Eagle River –

Conference room with Kids' Play Center time, pool parties and party room

East –

Conference room, basketball court, pool parties and lock-ins

Wasilla –

Kids' Play Center, pool parties, lock-ins and movie theater

South –

Basketball court, Kids' Play Center, pool parties and lock-ins

Fairbanks South –

Conference room, pool parties, and lock-ins

Juneau Valley –

Conference room, basketball court and Kids' Play Center

WIFI - The Summit, South, East, West, Club For Women, Eagle River, Wasilla, Juneau clubs and Fairbanks clubs.

MEMBERSHIP PLUS

Enjoy unlimited UV & spray tanning (limit 1 per day) plus 3 moisturizing treatments, hydromassage, and DVD/Blu-ray® rentals. Free child care up to 2 children, 2 hours per day. Receive discounts on massage, and Pro Shop gear. Get two free Gold guest passes each month. Enrollment prices start at \$38 per month for the first member on the account and \$20 per month for each additional member on the same account that enrolls.



**Stop by any Member Support Desk for more details,
or add to any fitness membership for only \$38/month. Contact amenities@
thealaskaclub.com, or call (907) 365-7393 for more information,
or sign up at thealaskaclub.com/membership-plus.**