



AUGUST EVENTS

- August 2** Skinny Raven Alaska Distance Classic
The Alaska Club is a proud sponsor of the [Skinny Raven Event Series](#).
- August 3 & 10** Yin yoga 11:30 am @Juneau Valley
- August 6** Last Yoga in The Park of the summer
- August 10** Pop Up Warrior Flow @Studio
11:30 am with Erin King.
- August 14** **ASD** Back to School for grades 1-6, & 9
- August 15** **ASD** Back to School for grades 7-8, & 10-12
- Aug 15 - Sep 21** Alaska State Fair
- August 20** Family Fun Night
- August 21** **ASD** Back to School for Pre/K
- August 24** Pop Up Hot Pilates @Studio
11:30 am with Holly Boston.

Sign up now for the Alaska Heart Run & Walk on Saturday, September 20
The Alaska Club is a proud sponsor of the [2025 Alaska Heart Run & Walk](#).

August already? Don't stress, there's still more summer left to enjoy. But before the kids go back to school, take in the last Yoga in the Park for Anchorage this summer, relax with a sauna or salt & red-light therapy sesh, or have fun at the Alaska State Fair. Visit The Alaska Club's booth in the Miner's Loop. We'll have activities for the kids and a chance for you to win prizes.



COMING SOON

NORDIC SPA

AT THE ALASKA CLUB



STEAM ROOM



HOT TUB



COLD PLUNGE



WARM POOL



WATERFALL



FIRE PIT



SAUNA



LOUNGE AREA

INCLUDED WITH GOLD AND PLATINUM MEMBERSHIPS
LOCATED AT: THE ALASKA CLUB EAST - 5201 E TUDOR RD

[LEARN MORE](#)



We are going to get it all in during August – fishing, camping, hiking, picnics and everything that makes summer complete. Be sure to stay focused on your fitness goals by being All in with your workouts. Log 12 or more club visits in August to be All in for August!

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 to win two months of Membership Plus.

[DOWNLOAD THE APP](#)

JUNE WINNER

MARY KRETZSCHMAR

Won 2 months of Membership Plus.
Congratulations!





YOGA IN THE PARK

FREE TO ALL!

LAST YOGA IN THE PARK: WEDNESDAY AUGUST 6 6-7PM
DELANEY PARK STRIP, 9TH & I STREET

Thank you to all our members and guests who joined us this summer in both Anchorage and Fairbanks. Keep your practice going year-round with yoga Group Fitness classes at the clubs or hot yoga classes at The Studio, which is included in Gold & Platinum memberships.





THE ALASKA CLUB SUMMER FUN CAMP

REGISTER BY THE
DAY OR THE WEEK!

SWIM • SPLASH • PLAY • JUMP • REPEAT

LAST WEEK!

Week 11 | August 4 - August 8 | Circus Week.

REGISTER TODAY!

IT'S ALMOST BACK TO SCHOOL TIME, BUT THERE'S PLENTY OF ACTIVITY AT THE CLUB FOR KIDS!

This school year, you can expect **extra open swim times on in-service, early release, and other no school days**. Keep an eye out on our website & social pages for announcements.

Save the date for Winter Break Fun Camp (last 2 weeks of December) registration opens on September 15. We'll be offering swim lessons during camp at South, East, and Fairbanks South. Check out more youth services information including workshops and Playcenter [info here!](#)



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

POOL CLOSURES

The pool and hot tub is closed during last week of camp swim (August 4-8)

Monday-Friday from 1-3pm.

@East, South, Eagle River, Wasilla & Fairbanks

Fun fitness activities for youth ages 6 - 12
Mondays /Wednesdays 11-11:45am @ Wasilla

JR JAM

Schedule can be found in the club app, online and on the TV schedules in the clubs.

YOUTH MARTIAL ARTS

- Karate @ South**
 - Ages 5-7
 - Tuesdays & Fridays
 - 5:30 to 6:15 pm
 - \$25 members, \$70 non members
- Karate @ East**
 - Ages 8-17
 - Tuesdays & Thursdays
 - 6:30 to 7:30 pm
 - \$35 member/\$75 non member
- Karate @ South**
 - Ages 6 - 17
 - Mondays & Wednesdays
 - 5:00 to 6:00 pm
 - \$35 member / \$75 non member



REGISTER HERE





LET'S PARTY

Let us help you host your best birthday party!

PLAY CENTER PARTY

- Private Party with exclusive access to the Play Center for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party Attendant available to assist

Available at West, East, South, Eagle River, Wasilla, Fairbanks South and Juneau Valley

POOL PARTY

- 2 hours in the pool during Open Swim for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party attendant available to assist

Available at East, South, Wasilla, and Fairbanks South

PARTY ROOM PARTY

- Private party in 1500 square foot room with 1 bouncy house obstacle course, board games, sports equipment, and more for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Only Available at Eagle River

SPLASH & BOUNCE PARTY

- 2 hours in pool during Open Swim and private Party Room for 15 guests.
- Dedicated area with tables & chairs for food and gifts
- Party attendant available to assist

Only Available at Eagle River

POOL & PLAY CENTER PARTY

- 2 hours in pool during Open Swim and private Play Center access for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Available at Eagle River, Fairbanks South and Wasilla

OPEN SWIM GAUNTLET PARTY

- 90 minutes of water play during Open Swim on an epic, inflatable obstacle course, and 30 minutes in private Party Room for 15 guests.
- Dedicated area with tables & chairs for food and gifts.
- Party attendant available to assist

Available at East and Fairbanks South

FOAM & GAUNTLET PRIVATE PARTIES

- 90 minutes of private water play with your choice of an epic, inflatable obstacle course (pictured left) OR our giant foam cannon and 30 minutes in Party Room for presents and cake for 15 guests.
- Dedicated area with tables & chairs for food, presents, etc.
- Party attendant available to assist

Available at East , Wasilla, & Fairbanks South

TODDLER SPLASH PAD PARTY

- 120 minutes in Splash Park and Party Room for 10 guests.
- Party Room is private space. Splash Park is a shared space. One adult must be in the water with children during pool play.
- Dedicated area with tables & chairs for food, presents, etc.
- Easy, no-hassle party.

Available at South Anchorage

Contact the front desk or one of our reservations specialists to book: **907-365-9373** or callcenter@thealaskaclub.com

LEARN MORE





KEEP ON TRACK WITH YOUR FITNESS GOALS ALL SUMMER LONG AND WORKOUT WITH US ANYWHERE AT ANY TIME.
On those days you're not able to make it into the club, you can grab a workout literally anywhere at anytime: 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. You can also join us for livestreaming workouts.

ACCESS ONLINE WORKOUTS HERE

GROUP FITNESS SCHEDULE

Check out the [schedule online](#) or the app.
NO CLASSES IN THE CLUBS ON MONDAY SEPTEMBER 1ST



Salsa, Reggaeton, Bachata and more ! Get ready to unleash your passion on the dance floor! Zumba is a high -energy, feel-good workout that blends Latin rhythms with non-stop cardio. Whether you're a seasoned dancer or just love to move, this class welcomes all levels and guarantees a serious sweat with serious fun and good vibes!
BRING WATER, ENERGY AND YOUR BEST MOVES

Starting August 5, Tuesday & Thursday 6:30-7:30 pm
Member Cost: Free | Non-Member Cost: \$15
Register at the front desk or contact
Callcenter@thealaskaclub.com

NEW!
Restorative Yoga class
Begins August 4, Mondays 6:30 -7:30 pm
Juneau Downtown



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.

JUNEAU VALLEY

Yin yoga
Aug 3rd & 10th | 11:30 am
with Gretchen

STUDIO:

Pop Up Warrior Flow
August 10th | 11:30 am
with Erin

STUDIO:

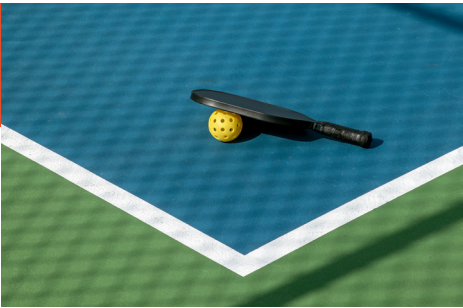
Pop Up Hot Pilates
August 24th | 11:30 am
with Holly

READY TO MOTIVATE AND LEAD?

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

APPLY NOW

PICKLEBALL



- **Beginner Workshop:**
- Friday August 8th
- @South 11 am to 12:30 pm
- Coach Matt
- This workshop is for those that have taken the intro workshop but are newer to the game of Pickleball.
- We will review the scoring, rules and expand upon the strategy.
- **Intro to Pickleball:**
- Friday August 1st
- @South 11 am to 12:30 pm | Coach Matt
- Friday August 15th
- @Wasilla 11:35 am to 1:05 pm | Coach Kaci
- **Intermediate Pickleball Workshop:**
- Learn how to improve your pickleball game to take you to your next level.
- Friday, August 15th & 22nd | 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+
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 at 907 365-7393 or **callcenter@thealaskaclub.com** or at the front desk.





WE FEEL THE LOVE — AND
IT'S MUTUAL!

Pop Ups:

Warrior Flow - Sunday August 10th 11:30 am with Erin
Hot Pilates - Sunday August 24th 11:30 am with Holly

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

TAC IN THE COMMUNITY



Fairbanks South Family Fun Night Picnic Theme

FAMILY FUN NIGHT

Family Fun Night is **Wednesday, August 20th**
(3rd Wednesday of each month).

Join us for fun and family-friendly activities like swimming, games, bouncy houses for kids, crafts, and sports. It's a great time for guests to tour the facility, meet trainers, and learn more about The Alaska Club. **Free for guests!**

@East, South, Eagle River, West, Wasilla, Fairbanks & Juneau



Fun day at the Zoo

The Alaska Club East & Eagle River membership teams had a blast at the annual Bear Paw Festival and Family Fun Day at The Alaska Zoo. We enjoy being a part of these memorable and engaging community events!



Bear Paw



IT'S NEVER TOO LATE TO ADD PERSONAL TRAINING TO YOUR FITNESS ROUTINE!

Whether you're looking to get stronger, lose weight, or try a new workout designed just for you, our personal training team can help. In Wasilla? The PT team there added more trainers to its team.

LEARN MORE



Hotels + Sweepstakes + Event Tickets + Gym Apparel + More

PERKS PROGRAM

With The Alaska Club Perks you earn points for coming to the gym, taking hot yoga classes, referring your friends and more! These points can easily be redeemed for instant rewards and great savings.

You choose how you use your points! Redeem points on in-club services, branded apparel, sweepstakes entries, national deals, and savings on top hotels and merchandise. Get instant Savings on over 50,000 events, sports, concerts, and more just by joining today!

LEARN MORE



EARN + REDEEM + SAVE

Membership Plus members get even more!

- Instant access to discounts on hotels and name-brand merchandise. Up to \$2500 savings annually. NO POINTS NEEDED!
- Full redemption using points for gift cards to retailers including Amazon, Apple, Lowes and hundreds of restaurants.

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
- MOVIE RENTAL DISCOUNTS
- VIP ACCESS TO PERKS PROGRAM FOR TRAVEL, ENTERTAINMENT & MORE

