



October is Breast Cancer Awareness month, and The Alaska Club is recognizing the cause through two special events on Friday, October 10th at West/Club for Women. Sign up to get your annual mammogram (or remind the women in your life to do it) then join us for the annual Zumba Party in Pink in the gym. Non-members are also welcome - invite your friends! October is a great time to switch up your routine and try something new! Check out a pickleball workshop, try a pop-up group fitness class, enjoy some recovery time with a salt & red light therapy session, bring your kids to the club for a NextGen Fit class, or spend family time together at an open swim. Learn more about all the great programming that comes with your membership, including daily jump time at [Fly Trampoline Park](#), and coming soon, [The Nordic Spa](#)!

OCTOBER EVENTS

- October 9-11** ASAA Tennis State Championships at East
- October 10** Zumbathon Party in Pink @West  
Mobile Mammogram @Club for Women
- October 15** Family Fun Night
- October 25** Skinny Raven Frightening 4K  
The Alaska Club is a proud sponsor of the [Skinny Raven Series](#)
- October 31** Happy Halloween!

# ZUMBA

# FRIDAY

# OCTOBER 10th


# 6-7:15pm

# WEST CLUB

DANCE AND RAISE FUNDS FOR BREAST CANCER AWARENESS. ALL PROCEEDS WILL BE DONATED LOCALLY TO THE ALASKA RUN FOR WOMEN.

\$10 members (suggested donation)  
\$15 non-members (suggested donation)

# PARTY IN PINK




## THE ALASKA CLUB MOBILE MAMMOGRAPHY IS COMING TO YOU! OCTOBER 10TH - FRIDAY 9AM

 **The Alaska Club for Women**



**If you are woman age 40 or older and due for your annual screening, call Providence Imaging Center at 907-212-3151 to schedule your appointment. It only takes about 20 minutes.**



## TAKE CHARGE OF YOUR HEALTH

*Kikkan Randall, Olympic Champion, Active Mom, Cancer Survivor,& TAC Board Member.*

October can be an easy month to overlook as we start to think about winter and the holidays, and reminisce about the fresh summer memories. However, it's actually quite an important month because October brings a focus on breast cancer and inspires us to take charge of our health, especially as women.

This became all the more real to me when I was diagnosed with aggressive breast cancer at age 35, only a few months after winning my Olympic gold medal. I had found a small pea-sized lump in my breast one night while getting ready for bed, and immediately knew I needed to get it checked out. Thank goodness I did, because early detection was a critical element in the success of my treatment.

Another element that was successful in my treatment was one of the chemotherapy medications I received, which had only been developed in the previous ten years. Such critical advances in treatment have been possible thanks to all the attention going to breast cancer research. Without that medication, outcomes for my type of cancer had been frighteningly dim.

When you exercise regularly, eat a nutritious diet, get enough sleep, and engage in outside activities, you think you are invincible to things like cancer. But my diagnosis was the wake-up call that anyone, even world-class athletes, are not immune. My experience has taught me that we need to continue making healthy choices and remain vigilant to changes in our bodies. Utilizing modern tools like mammograms and supporting all-important cancer research are ways we can take control of our health and that of everyone on our team.



# COMING SOON

## NORDIC SPA AT THE ALASKA CLUB



**STEAM ROOM**



**WATERFALL**



**LOUNGE  
AREA**



**HOT TUB**



**FIRE PIT**



**WARM POOL**



**COLD PLUNGE**



**SAUNA**

INCLUDED WITH GOLD AND PLATINUM MEMBERSHIPS

LOCATED AT: THE ALASKA CLUB EAST - 5201 E TUDOR RD

[LEARN MORE](#)





# THE ALASKA CLUB WINTER Camp

@EAST, SOUTH,  
EAGLE RIVER, &  
FAIRBANKS SOUTH

DECEMBER  
22 - 24 & 29 - 31  
REGISTER NOW!

SOUTH, & FAIRBANKS SOUTH CAMPS INCLUDE DAILY JUMPING AT FLY!

EXTRA OPEN SWIM SCHEDULE:  
NO SCHOOL/IN-SERVICE DAYS (FULL SCHEDULE HERE)  
OCTOBER 13, 17 & 24 @ SOUTH, EAST AND EAGLE RIVER



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

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

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

- Parent & Child** Introduces basic skills to parents and children, including safety topics.
- Preschool Level 2** Fundamental skills, such as floating and basic locomotion
- Preschool Level 1** Helps participants feel comfortable in the water and enjoy the water safely.
- Preschool Level 3** Guided practice in deeper water such as jumping head first and treading water.
- Learn to Swim Level 1** INTRODUCTION TO WATER SKILLS
- Learn to Swim Level 2** FUNDAMENTAL AQUATIC SKILLS
- Learn to Swim Level 3** STROKE DEVELOPMENT
- Learn to Swim Level 4** STROKE IMPROVEMENT
- Learn to Swim Level 5** STROKE REFINEMENT

@East, South, Eagle River,  
Wasilla, and Fairbanks South

REGISTER NOW



**FAMILIES FLY FREE WITH THE ALASKA CLUB**  
Family Memberships at The Alaska Club include free daily access to Fly Trampoline Parks. Anchorage, Wasilla, and Fairbanks!  
Need to add your children to your membership?  
Call (907) 330-0102



## FAMILY FUN NIGHT

Family Fun Night is Wednesday, October 15th  
(3rd Wednesday of each month).

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

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

Fun fitness activities for youth ages 6 - 12  
**New Schedule!** Tuesday/Thursday 5:45 pm  
@ Wasilla

JR JAM

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

## YOUTH MARTIAL ARTS

- Karate Kids @ South**
  - Ages 5-7
  - Tuesdays & Fridays
  - 5:30 to 6:15 pm
  - \$25 members, \$70 non members
- Karate @ South**
  - Ages 8-17
  - Tuesdays & Thursdays
  - 6:30 to 7:30 pm
  - \$35 member/\$75 non member
- Karate @ East**
  - 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](mailto:callcenter@thealaskaclub.com)

LEARN MORE







GET BACK INTO THE FITNESS ROUTINE OR KNOW YOU HAVE A BACK UP FOR THOSE DAYS WHEN YOUR SCHEDULE IS TIGHT.

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.

MOSSA GROUP FITNESS LAUNCHES - NEW MUSIC \*\* NEW MOVES

I LIKE TO MOVE  
IT MOVE IT  
I LIKE TO MOVE  
IT MOVE IT  
I LIKE TO MOVE  
IT MOVE IT  
I LIKE TO MOVE IT  
WITH POWER



SOUTHCENTRAL:

Starting Monday, October 13th

- Group Power: Strength and movement training using a barbell, plates and body weight

Starting Monday, October 20th

- Group Active: All-in-one workout — cardio, strength, balance and core training
- Group Centergy: Mind/Body workout fusing Yoga and Pilates

Starting Monday, October 27th

- Group Blast: Athletic cardio workout using a step

JUNEAU:

Starting Monday, October 13th

- R30: Get fitter in 30 minutes riding a bike has never been better!
- Group Active
- Group Ride: 60 minutes roll over hills, chase the pack, spin the flats climb mountains and sprint to the finish!

Starting Saturday October 18th:  
(Super Saturday Launch Party)

- Group Power
- Group Fight: Burns tons of calories and builds total body strength, combines cutting edge Moves.
- Group Centergy

Starting Monday, October 20th:

- Group Blast

FAIRBANKS:

Starting Monday, October 6th:

- Group Centergy

Starting Monday, October 13th:

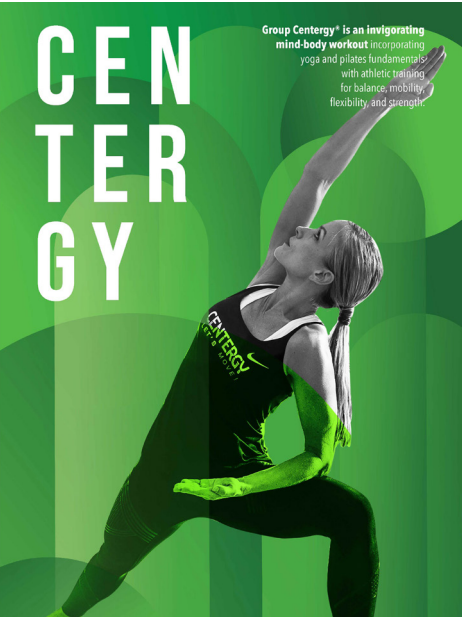
- Group Power

Starting Saturday, October 18th:

- Group Ride

Starting Monday, October 20th:

- Group Blast



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 3rd
- @South 11 am to 12:30 pm
- Coach Matt

- Friday Oct 10th
- @ Wasilla 11:35 am – 1:05 pm
- Coach Kaci

- Saturday, November 1st
- @East 11 am – 12:30 pm
- Coach Morgan

Beginner Workshop:

- 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.

- Friday, October 10th
- @South 11 am to 12:30 pm
- Coach Matt

Intermediate Pickleball Workshop:

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

- Friday, October 17th, 24th & 31st | 11 am to 12:30 pm
- @ South | Coach Matt

**\$10 members/\$25 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.

READY TO MOTIVATE AND LEAD?

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

APPLY NOW







## 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.

### STUDIO:

Pop Up Hot Pilates  
October 26th | 1:00 pm  
with Holly

### KUNG FU CLASS

WEDNESDAY  
6:30-8PM  
DOWNTOWN JUNEAU



THE ALASKA CLUB



Starting October 1st @ Downtown Juneau | Ages: 16+

UECHI Karate is a unique KUNG-FU Chinese martial art derived from Pangai-noon which uses a combination of powerful, hard techniques with soft, fluid movements.

UECHI teaches integrated physical and mental exercises to improve health and develop strength, flexibility, power, coordination, balance, speed and stamina.

Instructor Chris Siddon, a 2nd degree black belt, has been studying Uechi Karate for over 25 years. He's affiliated with the Rhode Island Uechi Karate School and annually trains with their senior instructors.


\$10.00 per class or \$110.00 for 12 classes  
\$25.00 per class or \$275.00 for 12

Register at Call Center at 907 365-7393 or [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com) or at the front desk.

## WELCOME NEW MEMBERS!



REMEMBER TO SIGN UP FOR YOUR FITNESS CONSULTATION!



## Run 100 Miles in October

to support people facing cancer



## 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](mailto:groupfitness@thealaskaclub.com) to request your club membership be added to your account.

DOWNLOAD THE APP



## ROCKTOBER



### APP FITNESS CHALLENGE

Let's rock out the workouts this month. Log 15 or more workouts in October. 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 a recovery personal training session. After all those rocking workouts, you're going to want this recovery session.

DOWNLOAD THE APP

### AUGUST WINNER

**HELEN BEELEN**  
Won 2 personal training sessions.  
Congratulations!

Increase your miles this month for a cause with 100 Miles in October; a virtual challenge from the American Cancer Society to raise money for cancer research. [Register here!](#)







# TURN YOUR WORKOUTS INTO REWARDS!

## PERKS PROGRAM

Your workouts are worth more than just a good sweat. With The Alaska Club Perks Program, every visit earns you points you can redeem for awesome rewards.

Use your points your way:

- Pamper yourself with in-club services or TAC gear
- Enter sweepstakes or unlock exclusive national deals
- Score savings on hotels, merchandise, concerts, sporting events & more

LEARN MORE



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

