



SEPTEMBER EVENTS

- September 1** Labor Day
[\(Check here for Holiday Hours\)](#)
No Group Fitness classes.
- September 2** New Group Fitness schedule starts
- September 9** Alaska Heart Run sign up event @West
- September 13** Skinny Raven Oktoberfest 5K Run
The Alaska Club is a proud sponsor of the [Skinny Raven Event Series](#).
- September 15** **Winter Camp & Swim Lesson Registration Opens**
- September 16-30** Open House at all staffed clubs
- September 20** Alaska Heart Run & Walk
The Alaska Club is a proud sponsor of the [2025 Alaska Heart Run & Walk](#).
- September 21** Running Free 4 Miler
10:30 am @Eagle River High School
[This run supports the running program at the Highland Correctional facility.](#)

Now that the kids are settled into the new school year, it's time to focus on YOU! New 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! [Salt & Red-Light Therapy, Massage Chairs, Cryolounge](#), and have you heard about the ultimate wellness experience - [The Nordic Spa coming soon!](#) The best part? It's included in your membership! Stay tuned to our newsletters, social media pages, and website for updates as we get closer to opening day.



THE ALASKA CLUB

OPEN HOUSE

SEPTEMBER 16-30

INVITE YOUR FRIENDS & FAMILY **FOR FREE**



STRENGTH & STRETCH



APP FITNESS CHALLENGE

Fall is in the air and it's time to get back into our fitness routine. To encourage consistency, be sure to log 15 or more strength and/or stretching workouts.

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

TED WALKER

Won a one-hour massage. Congratulations!





HEALTHY, HAPPY HEARTS START HERE!

The Alaska Club is a proud sponsor of the Alaska Heart Association and the Alaska Heart Run & Walk on Saturday, **September 20th at the Alaska Airlines Center in Anchorage.** Join the TAC team and support healthy hearts in Alaska.

JOIN THE TEAM



American Heart Association.
Heart Walk.

♥ WANT TO KEEP YOUR HEART HEALTHY? ♥

Come to the **West club** on **Tuesday, September 9th**, try one of three group fitness classes, and sign up for the Alaska Heart Run. The Alaska Heart Association will be at the club from **4-6pm** with CPR demos, heart health information, and they can help you register for the run or walk on September 20th.

The Alaska Club West's Heart-Healthy Tuesday night lineup:



• **Candlelight Yoga, 4:30pm** – Destress with a yoga flow in the warm glow of candlelight that builds strength and flexibility.



• **Team Training, 5pm** – Full body functional training and conditioning circuit workout on the turf coached by a personal trainer.



• **Group Blast, 5:45pm** – Athletic cardio class using the step. Group Blast will get your heart pumping while building strength and agility.



FIGHT FOR THE HEART

IN JUNEAU?

Join us to Fight for the Heart on Saturday, **September 20** at **Group Fight 10:10am Juneau Valley.** This heart-pumping workout builds body strength using cutting-edge moves. Held on the same day as the Alaska Heart Run in Anchorage.

Nonmembers welcome too! Invite your friends.

REGISTER AND DONATE HERE!



This class is a fundraiser for
American Heart Association.
Heart Walk.



THE ALASKA CLUB WINTER Camp

@EAST, SOUTH,
EAGLE RIVER, &
FAIRBANKS SOUTH

DECEMBER
22 - 24 & 29 - 31

REGISTRATION OPENS
SEPTEMBER 15

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



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 FUN NIGHT

Family Fun Night is Wednesday, September 17th (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



KIDS 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





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



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.

NO CLASSES IN THE CLUBS ON MONDAY SEPTEMBER 1ST

TUESDAY, SEPT 2 - FALL GROUP FITNESS SCHEDULE BEGINS

We'll be adding more of your favorite classes including: Group Power 30, Team Training, Yoga, Cycle, Strength Development.

WE'LL ALSO BE ADDING SOME BRAND-NEW FORMATS:

BURN & BUILD

Build muscle and burn fat in this high energy interval-style workout that's the perfect combination of strength training, cardio and core. Set to fun, motivating music, this class is for all fitness levels.



WEIGHTED WALKING - COMING SOON!

Rucking-inspired treadmill class using a weighted vest. Build muscle, improve posture and increase calorie burn with every step.

Please check the online schedule or app to view the entire class schedule.

JUNEAU:

@Downtown Starting Sept 8:

Mobility and Strength Circuits with Manny

Full Body Functional movement and mobility correction program. We use dynamic and compound movements to help with posture, balance and coordination For all ages and skill levels.

@Valley-starting Sept 9:

Pilates Barre Fusion back on Tuesdays

Pilates Barre Fusion mixes elements of Pilates, yoga and functional training. Set to motivating music it is an energizing and targeted toning and flexibility workout. The class is taught center floor utilizing equipment such as mini-balls and light hand weights, gliders and bands to sculpt, slim and stretch your entire body. Prior ballet experience is not needed to have fun in this class.



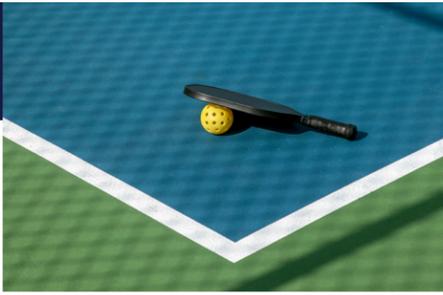
TEAM TRAINING

Strength, conditioning, and community. Get it all in one efficient workout with Team Training. Coached by a personal trainer, Team Training utilizes the functional equipment you'll find on the turf - kettlebells, TRX, sleds, battle ropes, and more - in a supportive group setting that will keep you motivated and coming back for more!

FREE to members. No reservation required.

Offered at East, West, South, Eagle River, Wasilla, Fairbanks South, and Juneau Valley. [Find your class here!](#)

PICKLEBALL



Beginner Workshop:

- Friday September 26th
- @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.

Intermediate Pickleball Workshop:

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

- Friday, September 26th | 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.

READY TO MOTIVATE AND LEAD?

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

APPLY NOW



WE FEEL THE LOVE — AND IT'S MUTUAL!

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

LABOR DAY SCHEDULE:

- 8:30 am - Pop Up Hot Pilates
- 10 am - Hot Yoga Sculpt
- 11:30 am - Hot Flow Yoga

CLASSES RETURNING IN SEPTEMBER:

- Sundays 11:30 am - Hot Flow with Erin K.
- Sundays 5:30 pm - Hot Flow Fundamentals with Erin W
- Fridays 4:30 pm - Hot Yoga Tone with Kelly

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
September 1st | 8:30 am
with Holly

WEST:

Team Training
Wed & Fri | 12:10 pm
with Stacey

TAC IN THE COMMUNITY



Our members can't wait to relax in The Alaska Club's New Nordic Spa! We greeted plenty of smiling faces at our booth at The Alaska State Fair which offered a vibe of the Nordic Spa and fun at Fly Trampoline Park for the kids. Remember, kids and parents on family memberships include free daily jump time!



EMPLOYEE SPOTLIGHT

*Manny, Juneau
Personal Trainer*

Manny recently joined the PT team of The Alaska Club Juneau and has been making a positive impact in the lives of his clients.

"I'm currently pursuing a degree in Food and Nutrition

at the University of Alaska, with additional studies in kinesiology, which I bring into every session," says Manny, a Veteran and former Montana resident. "My passion is helping people feel strong, confident, and comfortable in their own bodies. Whether it's improving movement, building balance, or reaching strength and aesthetic goals, I tailor each program to meet my clients where they are and help them achieve lasting results."

We're excited to have Manny on our team!

[If you're interested in meeting up with one of our qualified personal trainers click here.](#)

RUNNING FREE 4 MILER



**Sunday Sep 21st
10:30 am**

The Running Free 4 Miler course starts and ends at Eagle River High School with a loop around the Highland correctional facility. You will experience a one of a kind energy as the women in the running program cheer you around the prison yard. The proceeds from this run provide shoes and sports bras for the women in the running program at Highland.

REGISTER HERE



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!



EARN + REDEEM + SAVE

LEARN MORE

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



ATTENTION MEMBERS: EXISTING MEMBERSHIP DUES WILL SLIGHTLY INCREASE BEGINNING OCTOBER 1, 2025. PLEASE CONTACT MEMBER ACCOUNTING FOR DETAILS