



JULY EVENTS

- July 4** Happy Independence Day!
[\(Check here for Holiday Hours\)](#)
No Group Fitness classes.
- July 9-13** Bear Paw Festival
@Eagle River
- July 16** Family Fun Night
- July 19** Super Saturday @Juneau Downtown
8:45 am to 1:00pm
- July 20** Family Fun Day at the Alaska Zoo
- July 20** Skinny Raven Half and 10K
The Alaska Club is a proud sponsor of the [Skinny Raven Event Series.](#)

Happy Independence Day!
The clubs will be unstaffed on Friday, July 4th. You can still get your workout in with 24-hour access at all locations except Summit, Club for Women, and Studio, which will be closed. Please remember that pool, sauna, hot tub, and steam room are not available during unstaffed hours.
No Group Fitness Classes on July 3 after 1pm and no classes on July 4.



Whether you unplug from your daily stress in a Group Power class or with a steam and hot tub session, this challenge is all about dialing into what tools you use to manage your stress and be your best self. You are challenged to dedicate 12 or more hours this month in your self-care routine.

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 to two months of Membership Plus.

DOWNLOAD THE APP

MAY WINNER

CONMARIE MCCURRY
Won 2 months of Membership Plus.
Congratulations!

YOGA IN THE PARK



FREE TO ALL!

ANCHORAGE: WEDNESDAYS JUNE 4-AUGUST 6 6-7PM
DELANEY PARK STRIP
9TH & I STREET
FAIRBANKS: TUESDAYS JUNE 3-JULY 29 6-7PM
GRIFFIN PARK



THE ALASKA CLUB SUMMER FUN CAMP

REGISTER BY THE
DAY OR THE WEEK!

SWIM • SPLASH • PLAY • JUMP • REPEAT



UNTIL AUG 8
9 AM TO 4PM



Accredited by the American Camp Association, The Alaska Club Summer Fun Camp is the only camp in Alaska to include daily pool/splash park play and jump time at Fly Trampoline Park.



Each day starts with circle time where campers will learn about the day's plan, meet new friends, and review rules.



South, Fairbanks, and Wasilla campers will love daily jump time at Fly Trampoline Park. Bounce on trampolines, shoot hoops on the bouncy sports court, or try to navigate the fun and challenging Ninja course. Kids will have a blast jumping with their friends!

Afternoons are filled with splashing fun at our pools and splash parks, where campers have exclusive use of the facilities. Daily swimming sessions are closely supervised by our staff and lifeguards.
At camp, safety is our top priority!



Come see why The Alaska Club Summer Fun Camp was voted Platinum in the Anchorage Daily News 2024 Best of Alaska contest. Give your child a summer to remember filled with fun, play, jumping, swimming, and friends!

REGISTER TODAY!



Every day features hands-on age-appropriate activities for children 5-12 years old. Designated themes throughout the summer mean a new adventure every week:

Week 6 | June 30 - July 3 | Outdoor Adventure Week

No Camp on July 4th

Week 7 | July 7 - July 11 | Superheroes Week

Week 8 | July 14 - July 18 | Under the Sea

Week 9 | July 21 - July 25 | Zoo Week

Week 10 | July 28 - August 1 | Sports Week

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

Arts and crafts, outdoor play, and special guests such as the fire department teaching about fire safety or The Alaska Zoo sharing an animal friend, are included in a long list of activities designed to keep kids engaged, active, and most of all, having fun!

The camp is open to both members and nonmembers at East, South, Eagle River, Wasilla, and Fairbanks South. You can register your child by the day, the week, or all summer (based on availability). Extended care outside of camp hours (9am-4pm) is also available.





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

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

With summer coming and families heading out boating, fishing, and hiking, be sure everyone is confident around water by brushing up on those swimming skills. Starfish Academy offers lessons for every level from babies to adults.

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

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

POOL CLOSURES

The pool and hot tub is closed during camp swim

Monday-Friday from 1-3pm.

@East, South, Eagle River, Wasilla & Fairbanks



FAMILY FUN NIGHT

Family Fun Night is **Wednesday, July 16th**
(3rd Wednesday of each month).

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

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

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

- 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

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.
MOSSA GROUP FITNESS LAUNCHES New Music/New Moves



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



Group Centergy - Mind/Body workout fusing Yoga and Pilates



Group Blast - Athletic cardio workout using a step



Group Ride - Fun 60-minute cardio cycle workout



Group Active - All-in-one workout - cardio, strength, balance and core training



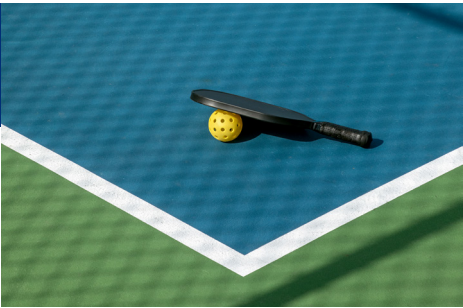
Group Fight - Explosive MMA cardio and strength workout



R30 - Fun 30-minute cardio cycling workout

Anchorage / Eagle River / Wasilla
Starting Monday, July 7: Group Centergy
Starting Monday, July 14: Group Power
Starting Monday, July 21: Group Blast
Starting Monday, July 28: Group Active

PICKLEBALL



- **Beginner Workshop:**
- Friday July 11th
- @South 11 am to 12:30 pm
- 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, July 18th & 25th | 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.

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.





Fairbanks
Starting Monday, July 7: Group Power
Starting Monday, July 14: Group Centergy
Starting Monday, July 21: Group Blast

Juneau Valley
Starting Saturday, July 12: Group Ride
(New day and time! 10am)
Starting Monday, July 21: R30
Starting Tuesday, July 22: Group Active

Juneau Downtown
Super Saturday Launch - July 19
8:45am: Group Blast
9:50am: Group Power
10:55am: Group Fight
Noon: Group Centergy

READY TO MOTIVATE AND LEAD?

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

APPLY NOW



Get ready to unleash your passion on the dance Floor ! Latin Sweat 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 welcomes all levels and guarantees a serious sweat with serious fun.
BRING WATER, ENERGY AND YOUR BEST MOVES
Member Cost: Free | Non-Member Cost: \$15
Register at the front desk or contact
Callcenter@thealaskaclub.com

Studio heat still feels great in the summer. Come in and experience the benefits of infrared heat to enhance your life.

No classes on Friday July 4th. We hope you have a wonderful holiday!



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



2025 ALASKA BASEBALL LEAGUE

The Alaska Club is a proud sponsor again this season which means FREE baseball games for all members. Show your key card or virtual card for free entrance to the games in Anchorage, Eagle River, or the Valley. Find the game schedules [here](#).



Tracy Gabrielsen, New General Manager of The Alaska Club Fairbanks.

Tracy (who was a member before she was an employee!) was Fairbanks operations manager under former GM Dustin Faddis, who is moving out of state. She's excited to pick up where Dustin leaves off and looks forward to giving members the best experience possible.

Yoga in the Park isn't the only place The Alaska Club has been seen this summer! Employees, members, and guests have been out and about for some fantastic community events including the Midnight Sun Run in Fairbanks, Live After 5 in Downtown Anchorage, and the Alaska Run for Women, of which TAC is a proud sponsor. We love seeing your smiling faces outside the club too! The Alaska Club supports building strong communities across the state.

TAC IN THE COMMUNITY



Fairbanks Membership Team, Olivia Berg and Emily Constantino at the Midnight Sun Run in Fairbanks on 6/21



Brianna from West Membership at the Anchorage Downtown Partnership's Live After 5 Concert with H3





Help kids by donating new school supplies to ASD's **Back to School Jam**, August 1st at Begich Middle School, Anchorage.



Place your items in collection bins at East & South.

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

NORWEGIAN
CRUISE LINE

THIS EXCLUSIVE CRUISE PACKAGE INCLUDES

A Balcony Cabin For 2 Passengers
Cruise Fare - Port Fees - Taxes - Balcony Cabins

up to
80% off
using reward points

The Alaska Club Perks Program just added some sweet new deals for our members! Use your points to book last minute cruises sailing this summer on Norwegian Cruise Line with savings up to 80% off.

Or, use your points for a chance to win a cruise for two in our monthly sweepstakes and choose your destination! Choose from worldwide destinations including Europe, Greek Isles, Ireland, British Isles, Mediterranean, Bermuda and more. Enter sweepstakes by July 5th.

BOOK NOW

ENTER TO WIN

Join Membership Plus today and embark on a journey of ultimate wellness and luxury.

ELEVATE YOUR MEMBERSHIP WITH MEMBERSHIP PLUS

SKINCARE

- MASSAGE
- CRYOTHERAPY LOUNGE CHAIRS
- SALT & RED-LIGHT THERAPY
- HYDROMASSAGE
- HYDRAFACIAL

WELLNESS & RECOVERY

- UV & SPRAY TANNING
- CHILDCARE
- GUEST PASSES
- PRO-SHOP DISCOUNTS

FAMILY & FRIENDS

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

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