



Let The Alaska Club help you prepare for summer fun outside by training inside. You need your muscles to pull in those big fish or load up the car with camping gear, and endurance for summer hikes, bikes, and runs. Remember to take time to recover too with our growing list of wellness & recovery services available across the network. We're here for you whether you're coming in for a high energy workout or a relaxing sauna. It's always better together at The Alaska Club!

APRIL EVENTS

- April 2** National Walking Day
- April 4** Zumbathon for Augie's Quest @Fairbanks South
- April 15 & 22** Mother/Daughter Swim Clinics for Triathletes 5-6 pm @East
- April 16** Family Fun Night
- April 19** Skinny Raven Superhero Showdown
The Alaska Club is a proud sponsor of the [Skinny Raven Event Series](#).
- April 20** Happy Easter ([Check here for Holiday Hours](#))
- April 25** Partner Hot Yoga event for Augie's Quest 6 to 7:30 pm @Studio
- April 27** Pop-Up Ride 90 for Augie's Quest 9:30 to 11 am @South

HOP TO IT



APRIL FITNESS CHALLENGE

Let's put a hop in your step as you take on the challenge of logging 12 or more workouts in the month of April.

Join the challenge from the club app. 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 a \$100 gift card to Alaska Fitness Equipment.

DOWNLOAD THE APP

FEBRUARY WINNER

ROSE TORMOHREN
Won two months of Membership Plus.
Congratulations!



GLOW ZUMBATHON

@Fairbanks South

Friday, April 4th
6 to 8 pm
Instructors:
Angela, Susan and Kim



Lights, music, let's Zumba. Join us for our Glow Zumbathon. Wear your bright colors so the black lights bring out more of the glow. All proceeds go to Augie's Quest to Cure ALS





THE ALASKA CLUB SUMMER FUN CAMP



SWIM • SPLASH • PLAY • JUMP • REPEAT



MAY 27 - AUG 8
9 AM TO 4 PM



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 1 | May 27 - May 30 | Bug Week

Week 2 | June 2 - June 6 | Let it Grow - Plants

Week 3 | June 9 - June 13 | Dinosaur Week

Week 4 | June 16 - June 20 | Hawaii Week

Week 5 | June 23 - June 27 | Outer Space 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.





EXTRA OPEN SWIM TIMES

April 18th 1-3 pm @South, East & Eagle River



YOUTH HANDBALL

Handball instruction for youth ages 8 to 13. Skills building in Eye/Hand Coordination, Drills and Proper Stroke Techniques, Overhand, Sidearm and Underhand hits, Cooperative and Competitive Play, Rules, Conduct and Sportsmanship.

Saturdays, 12-2pm @ South Racquetball Court 1
Instructor: Chris K.

Ages: 8-13

\$30 members,
\$45 non members
Register at the front desk,
online, or email
callcenter@thealaskaclub.com

Next Gen Turf: Circuit style of workout using all of the cool functional training equipment. Held in the turf area of the club. Ages 9-13. **No registration required.**

Tuesdays/Thursdays 6:15 to 7 pm @South
Mondays/Wednesdays 5:15 to 6 pm @Eagle River

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

Fun fitness activities for youth ages 6 – 12
Tuesdays/Thursday 5:45 – 6:30 @ Wasilla

JR JAM

YOUTH MARTIAL ARTS

Karate @ South

Ages 5-7 | Tuesdays & Fridays
5:30 to 6:15 pm
\$25 members, \$70 non members

Ages 7-17 | 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



FAMILY FUN NIGHT

Family Fun Night is **Wednesday, April 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



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

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

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 now include free daily access to Fly Trampoline Parks. 3 locations to choose from - Anchorage, Wasilla, and Fairbanks!





Let us help you host your best birthday party ever!

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 THAT SPRING IN YOUR STEP AND FIND A 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

SOUTHCENTRAL:

Starting Monday, April 7th

• Group Centergy: Mind/Body work out fusing Yoga and pilates exercises

Starting Monday, April 14th

• Group Power: strength and movement training using a barbell, plates and body weight.

Starting Monday, April 21st

• Group Active: your all in one workout using cardio, strength, balance and core training.

Starting Monday, April 28th

• Group Blast: athletic cardio workout using a step



FAIRBANKS:

April 14 Group Centergy

April 19 Group Ride

April 21 Group Blast

April 28 Group Power

JUNEAU:

April 14 R30 & Group Centergy

April 15 Group Blast

April 16 Group Fight

April 18 Group Active

April 19 Group Power

April 24 Group Ride



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: Sundays 11:30 am to 12:30 pm

Family Yoga: Sundays 2:00 pm

PICKLEBALL



- **Intro to Pickleball**
- Saturday, April 5 @East
- 11 am to 12:30 pm
- Coach Morgan
-
- Friday, April 4, 18, 25
- @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, April 21st and 28th | 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





Discover the Art: Egyptian Dance Classes
Fridays 6:30 – 7:45 pm @ South

Step into the enchanting world of Egyptian dance! This class welcomes all levels to explore the fundamentals of belly dance in a fun and supportive environment. You'll learn essential belly dance poses, traditional Egyptian movements, how to gracefully incorporate props, and develop musicality—all while focusing on healthy movement for your body. Whether you're new to dance or looking to refine your skills, this progressive series will help you move with confidence and joy!

Instructor: Brittany
Members: \$50 /month, Non members: \$75/month

Register online, at the front desk or contact
Callcenter@thealaskaclub.com



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

Partner Hot Yoga will be a flow style of practice in which two people (friends, couple, mother/daughter) support each other in poses in a way that enhances the benefits of the postures. Whether this is a Friday night date or hanging with your friend, you'll be sure to have fun and enjoy the amazing yoga experience. All proceeds will go towards the world-wide Augie's Quest for ALS Class 90 campaign.

Instructor: Katie C
6 to 7:30 pm
Cost: \$50 per couple (member or non member)
Register via the Studio Hot Yoga app.

Partner Hot Yoga event for Augie's Quest





Friday, April 25th

Mother and/or daughter clinic for beginner triathletes. We will work on everything freestyle to improve your stroke, competency, snake swim, and passing.

April 15 and 22
5 - 6 pm at East Pool
Members: \$40, Non members: \$50

Register online, at the front desk or contact
Callcenter@thealaskaclub.com



MOTHER/DAUGHTER SWIM CLINICS



POP-UP RIDE 90





Whether you're wanting a longer ride to prepare for your outdoor adventures this summer or just looking forward to a great workout, this ride will have something for everyone. All proceeds will go towards the Augie's Quest for ALS Class 90 world-wide campaign.

Sunday April 27th 9:30 to 11 am @ South
Instructor: Holly B
Member Cost: \$10 recommended donation
Nonmember Cost: \$25 donation
Register at the front desk or contact
Callcenter@thealaskaclub.com



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



YOU DESERVE A MASSAGE!

Make your appointment today!
New massage therapist at South.

Appointments available weekdays and mornings.

Book now



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

