



THE ALASKA CLUB

CORPORATE WELLNESS PACKET





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Research shows that a healthy workforce is a productive workforce. The Alaska Club can help you take the first step toward developing a productive and efficient working environment by establishing a successful wellness program for your employees. Corporate Wellness Program benefits include improved physical and mental health, lower personal medical costs, reduced absenteeism, improved personal productivity and a network of support.

The Alaska Club has a variety of programs, services, and most importantly, a caring staff to help you meet your employees' health and fitness needs. The benefits of adding exercise to one's routine are tremendous. In addition to our fitness membership, we also offer Membership Plus for those interested in just going straight to stress and tension reduction. Membership Plus includes:

- **Unlimited UV and spray tanning**
- **Unlimited Hydromassage**
- **Discounted massage**
- **Discounted HydraFacials**
- **Salt and red light therapy**
- **Cryotherapy lounge**
- **FREE Child Care**
- **Unlimited DVD/Blu-Ray rentals**
- **Guest Passes**

*Amenities vary per club.

Not only can The Alaska Club provide the facility for your staff to utilize but we can set up programs to motivate your staff toward a healthier lifestyle. Please review the attached documents to learn how to get started. We look forward to following up with you to review the enclosed information.

Provide a free corporate wellness program for your employees



FITNESS PARTY

Fitness Party classes offer the perfect way to recharge your employees! Take advantage of a private fitness class at your location or at The Alaska Club. Whether it's Yoga, Group Power, Group Cycle or Pilates your employees are sure to have fun with a great team building event for all fitness levels.



WELLNESS FAIR

The Alaska Club specializes in providing information on health and wellness. Does your company put on a wellness fair? If so, we would love to be a part of making your event a success.



FITNESS CHALLENGE

Motivate your employees with a Fitness Challenge! Designed for any age or ability to compete, a Fitness Challenge uses points to track progress and inspire employees to make healthy lifestyle changes.



MEMBERSHIP PLUS

Reduce stress and get your employees rejuvenated with a FREE 2 month trial of Membership Plus which includes discounted massages, unlimited tanning, DVD rentals, FREE child care, wellness services, and more.



FITNESS SEMINAR

Empower your employees to make healthy choices with educational and personalized information provided by a fitness professional at The Alaska Club. Featured topics include: how to reduce stress, achieving health and fitness goals, proper hydration and nutrition. We'd be happy to provide healthy snacks for guests, ask your The Alaska Club representative.

SPECIAL OFFER



As a Corporate Wellness partner you receive a premium digital advertising package:
2 weeks FREE!

Reach New Customers:

- 21 42" digital screens in high volume locations
- 6,200 viewers per day
- Over 2.2 million views per year



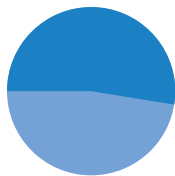
Why your employees need a wellness program

44%

of American adults ages 40-59 are obese.

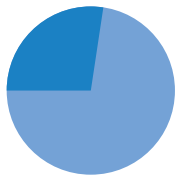
54%

of workers are concerned about health problems caused by stress*



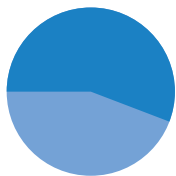
29%

of Alaskan adults are considered obese by The State of Obesity project**



62%

of Americans say work has a significant impact on stress levels*



EFFECTS OF CHRONIC STRESS

High levels of stress can cause your workers to lose focus by leading to insomnia, depression and anxiety. It affects their health by leading to high blood pressure, muscle pains and a weakened immune system. Help your business and your employees by providing them with a healthy outlet to de-stress and relax.

GET UP & MOVE!

Sitting for 8 or 9 hours can increase...

Diabetes by

91%

Cancer by

14%

Heart disease by

13%



Sources: Center for Disease Control and Prevention. Web. May 17, 2022.

Overweight and Obesity: Adult Obesity Facts. <http://www.cdc.gov/obesity/data/adult.html>

Biswas A, Oh PI, Faulkner GE, Bajaj RR, Silver MA, Mitchell MS, et al. Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis. *Ann Intern Med.* 2022;162:123-132. doi:10.7326/M14-1651

Stress Statistics, Anxiety Statistics and Relaxation Tips. January 1, 2022. *Adrenal-Failure.com.*

*<http://www.adrenal-failure.com/stress-statistics.html>

**<http://stateofobesity.org/states/ak/>

Why employee wellness works



LOWER MEDICAL COSTS

Employees who need medical attention drive up the cost for your company's health insurance.

Your health insurance provider reviews your company's aggregate claim record to determine your insurance rates. The more claims your employees make, the higher your cost of health insurance.



SAVINGS

What will your savings be if your company has lower turnover rates, improved productivity, better morale, reduced absenteeism, and lower health care costs? All of these are benefits of your employees exercising and/or de-stressing regularly. Taking advantage of the saving potential is up to you!



PERSONAL BENEFITS

Your employees probably know the personal benefits of regular physical activity. Those who are not currently exercising can probably look back at a time in their life when they did exercise regularly and remember how regular exercise made them feel better about themselves, gave them more energy at critical times of the day and served as a healthy & productive way to relieve their stress.



EMPLOYEE VALUE

Encouraging your employees to participate in regular physical and/or de-stressing activities shows your concern for their physical and mental health. And, by promoting their attendance, you are giving them the biggest employee benefit of all: a company or an organization who values their employees as individuals.



Club information convenient statewide locations



MULTI-PURPOSE, FITNESS & FAMILY CLUBS

WEST GF TT 24 S

EAST P GF T R ★ S TT 24

SOUTH P GF ★ S TT 24 R

EAGLE RIVER P GF R ★ TT 24 S

WASILLA P GF R ★ S 24 TT

FAIRBANKS SOUTH P GF ★ 24 S

JUNEAU VALLEY GF T R ★ TT 24 S

JUNEAU DOWNTOWN GF 24

P Pools - open & lap swim & organized aquatic activities

GF Group fitness classes

T Tennis programs and lessons

R Racquetball, handball and squash

S Expanded spa services*

★ Family oriented

TT Team Training

HY Hot Yoga

24 24 hour access



EXPRESS CLUBS

FAIRBANKS WEST 24

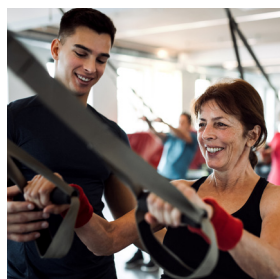
JEWEL LAKE 24 Functional training area, cardio and strength training.

- Both locations open 24 hours a day 7 days a week.



STUDIO HY

- Featuring Hot Yoga in a 1600 square foot state-of-the-art studio, and large lounge for relaxing and gathering with friends.
- Hot Yoga Studio offering classes in various styles. Included in all gold and platinum memberships.



EXPANDED SERVICES

All locations offer Cardio Theaters, ExpressWay, Personal Training, free weights and more!

*Expanded spa services may include tanning, Cryotherapy lounge, salt and red light therapy.

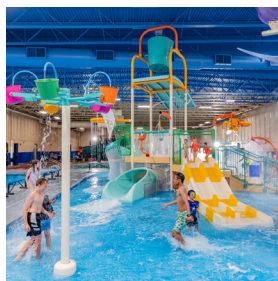


Club information convenient statewide locations



FLY TRAMPOLINE PARK ★

The Alaska Club and Fly Trampoline Park have partnered to offer the ultimate family experience! Family Memberships at The Alaska Club include free daily access to Fly Trampoline Park. All children (up to 17 years of age) listed on an active The Alaska Club Family Membership will receive free access to Fly Trampoline Park for 2 hours daily! Locations in Anchorage, Wasilla and Fairbanks. If you need to add children to your account, please contact member accounting.



POOL & SPLASH PARK P ★

Have fun at The Alaska Club Pools and Splash Parks. Pools include open and lap swim, swim lessons along with other organized aquatic activities. Splash parks have large play space with interactive water features – Water cannons, misting water wheels and sprinklers, double mini slides, and more!

**Splash parks only available at South Anchorage, Wasilla and Eagle River locations*



CLUB FOR WOMEN

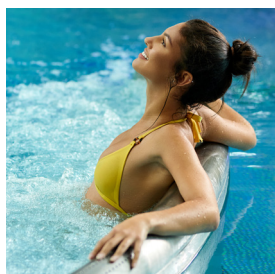
- Women/adults only club
- Relaxing & non-intimidating
- Full range of equipment and weights, whirlpool, sauna, steam room, tanning, massage, and childcare for small children.



THE SUMMIT

- Alaska's most luxurious fitness club - adults (21+) club
- Conveniently attached to The Alaska Club South
- Beautiful lounge & locker rooms, beverage service, wide screen television, fireplace, whirlpool, sauna, steam room, individual LCD entertainment screens on equipment and more.

Membership levels



PLATINUM

Includes use of ALL The Alaska Club locations including The Summit, the most luxurious club in The Alaska Club Network. The Summit is limited to members 21 & over.



GOLD

Includes use of The Alaska Club East, South, Wasilla, Eagle River, West, Jewel Lake, Fairbanks South, Fairbanks West, Juneau Valley, Juneau Downtown, Studio, and the Club for Women. The Club for Women is limited to women 18 & over.



SILVER

Includes use of Jewel Lake and Fairbanks West.



MEMBERSHIP PLUS

Consists of a bundle of services each month that is available in Anchorage, Wasilla, Eagle River, Fairbanks and Juneau.

- Discounted massage rate –
- \$35 for a 55 minute massage
- Unlimited Hydromassage
- Cryotherapy lounge
- Salt and red light therapy*
- HydraFacial Discount*
- Unlimited UV and spray tanning*
- Unlimited DVD/Blu-Ray rentals
- Pro Shop Discount – 10%
- 2 Guest Passes
- Free Child Care

**Available at select locations*

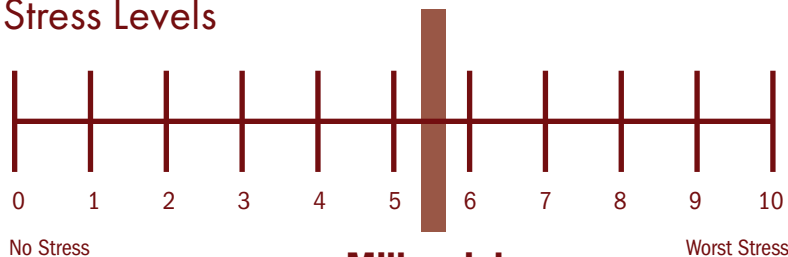


HEALTHY_{mind} healthy BODY

Here at The Alaska Club, we believe that health and wellness is not limited to running, lifting weights, and breaking a sweat. That is why we offer an extended array of options on the non-fitness side to further promote the holistic health and wellness of our members.

Why is complete health, including taking care of your mind as well as your body, important?

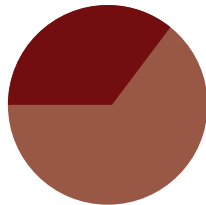
Stress Levels



Stress Level Rating 5.5

Millennials are the most stressed generation, rating their stress a 5.5 on a scale of 1-10, with Gen Xers rating theirs a 5.4.* (www.healthline.com).

37%



37% of people report becoming irritable/angry when stressed, with other symptoms such as fatigue and lack of motivation.* (www.healthline.com).



Massages can ease a multitude of symptoms and help curb ailments that includes stress, depression, pain, sleep problems, and immunity issues.** (www.webmd.com).

The Alaska Club offers touch free Hydromassage and standard hand massage.

Sources: World Wide Web. March 29, 2020.

The Tired Generation: 4 Reasons Millennials Are Always Exhausted (<https://www.healthline.com/health/millennials-exhausted-all-the-time>)*

Massage Therapy Styles and Health Benefits (<https://www.webmd.com/balance/guide/massage-therapy-styles-and-health-benefits>)**

Premium pampering,
without the
premium price



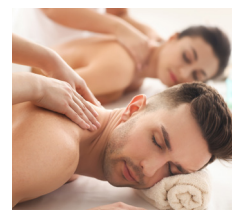
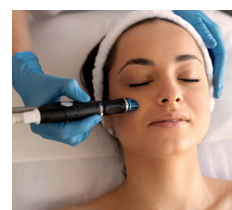
Individual may enroll in Membership Plus as a fitness member to destress and refresh their mind and body. These non-fitness packages we offer include:

membership
plus

\$42
per month

Each Month You Will Receive:

Free Child Care	Up to 2 Children: 1 Visit Per Day (2 Hours Per Visit)
Free Hydromassage	Unlimited (1 Session Per Day)
Free Tanning	Unlimited (1 Session Per Day)
Guest Passes	Up to 2 Guests Per Month
Massage Discounts	\$35 for 55 Minutes (Limit 8 Per Month)
Proshop Discount	10% Off Regular Price
Blu-Ray Rental Discount	Unlimited Rentals (1 Per Day • Late Fees Apply)
Free CryoLounge+ Hot/Cold Therapy	Unlimited (1 Session Per Day)
Free Salt & Red-Light Therapy	4 Sessions Monthly
Discounted HydraFacials	\$59





THE ALASKA CLUB

CORPORATE WELLNESS PARTNERSHIP OFFERS

The Alaska Club can assist your company by providing the following wellness package options.

Level*	Enrollment	Membership Dues	Membership Plus	Health & Wellness Events	Cross Marketing Opportunities
1	\$0	2 Months Free	6 Months Free	1 Complimentary per Year	Cross Marketing Opportunities Including Digital Advertising Inside TAC, TAC Employee Intranet, TAC Newsletter, Onsite Presentations & Events
2	\$0	1.5 Months Free	4 Months Free	For Purchase	
3	\$0	1 Month Free	2 Months Free	For Purchase	

***Level 1** - Requires subsidizing 100% towards individual memberships on payroll. Company promotes through website, employee intranet, newsletter, onsite presentations and events. First and sixth month of membership dues free. 6 months of Membership Plus free.

***Level 2** - Requires subsidizing \$20-99% towards individual memberships. Company promotes through website, employee intranet, newsletter, onsite presentations and events. 4 months of Membership Plus free.

***Level 3** - Company promotes through website, employee intranet, newsletter, onsite presentations and events. 2 months of Membership Plus free.

All promotional materials need to be approved and provided by The Alaska Club. The Alaska Club can set up an account and/or provide usage lists. Health & Wellness events need a minimum of 10 participants.

These opportunities can become a vital part of your organization's assets to employees and more. The Alaska Club wants to assist everyone in their health and wellness goals, whether that path is fitness centric or grounded in improving their stress levels and overall mental well-being. Let us know what you want from us, and we can get them there.

**12 month agreement required. Fee for early cancellation.*