



CAPTAIN COOK ATHLETIC CLUB

## HOURS OF OPERATION

Monday - Friday 5:30AM - 10:00PM

Saturday - Sunday 6:30AM - 10:00PM

## COMPLIMENTARY ACCESS

Men's Entrance: Tower 1 Lower Lobby

Women's Entrance: Tower 2 Lower Lobby

***Simply check in with your name and room number!***

## FEATURES & AMENITIES

### INSPIRING CLASSES FOR EVERY BODY

From energizing water aerobics and flowing yoga to the mindful movement of Tai Chi and Qigong, find your rhythm with a variety of instructor-led classes for all levels.

### STATE-OF-THE-ART EQUIPMENT

Train with confidence using our premium selection of TRUE® and Paramount® cardio and strength-training equipment—designed to support full-body performance.

### DRY SAUNA & STEAM ROOMS

Each club features its own dry sauna and steam room, perfect for winding down after a workout or enhancing your massage experience.

### HEATED LAP POOL

Swim year-round in our five-lane, 17-yard (15.5m) indoor lap pool, heated to a soothing 82°F (27°C) for optimal comfort and recovery. Pool only accessible via Men's or Women's entrances. Pool towels available.

***Please note: the pool closes 30 minutes prior to the clubs closing.***

## CONNECT WITH US

### MEN'S ATHLETIC CLUB

(907)-343-2296

### WOMEN'S ATHLETIC CLUB

(907)-343-2297

[www.captaincook.com](http://www.captaincook.com)

939 W 5th Ave Anchorage, AK 99501

# CLUB GUIDELINES & GUEST EXPECTATIONS

## **LIABILITY WAIVER**

All guests are required to sign a limited liability release form for themselves and any accompanying children prior to using the Athletic Club.

## **CAMERAS & PHONES**

To protect the privacy and comfort of all guests, photography, video recording, phone/video calls, and social media posts are not permitted within the Athletic Club.

## **DRESS CODE**

Proper attire is required at all times. In workout areas, guests must wear a top, bottom, and closed-toe athletic shoes. Swimwear is required in the pool. Cover-ups or robes should be worn in all lounge areas and while moving throughout the club.

## **DRY SAUNA & STEAM ROOM**

Please use the swimsuit dryer or request a plastic bag from an attendant for any wet items. For safety and sanitation, body products such as oils or lotions are not allowed in these spaces.

## **TOWELS & PREPARATION AREAS**

Towels or appropriate clothing must be worn in areas designated for grooming, such as hair drying or makeup stations, and when transitioning to and from showers.

## **FURNITURE ETIQUETTE**

When using lounge chairs or relaxation room beds, guests must wear appropriate clothing to protect shared upholstery and surfaces.

## **OUTSIDE FOOTWEAR**

Street shoes must be removed before entering either of the Athletic Clubs.

## **CHILDREN & SUPERVISION**

Children aged five and older must use the club that corresponds to their gender. All minors under 18 must be accompanied and actively supervised by a parent or guardian at all times while in the Athletic Clubs and pool areas.

## **ALCOHOL**

Alcoholic beverages are not permitted inside the Athletic Club. Guests who appear to be intoxicated will be denied entry for the safety of all members.

## **WATER-ONLY POLICY**

Only water (plain or flavored) is allowed in the workout areas. All other beverages, including coffee, energy drinks, and sports drinks, must remain in locker or lounge areas.

## **GLASSWARE**

Glass containers and items are not permitted anywhere in the Athletic Club or pool areas.

## **AUDIO USE**

Headphones or earbuds are required when listening to music or media.

## **RESPECT & CONDUCT**

All guests are expected to treat fellow members, staff, and club facilities with consideration and courtesy, fostering a welcoming and respectful environment for everyone.

# CLUB AGREEMENT

The Athletic Club is a family-friendly space designed for all ages to feel safe and comfortable. By entering the facility, you agree to abide by all written and unwritten rules of the Hotel Captain Cook Athletic Club. These policies may be updated or modified at any time without notice.