

ASAC Fitness Class Schedule | **JUNE 2026** | Updated: MAY 22, 2026

Studio Location:	Fitness Studio 1   By Library		Zoom Key:	Grey Box on Zoom Only
	Fitness Studio 2   Wii / Recorded ZOOM			* on Zoom & in- person
Instructor Key:	Anna - Black	Tim - Red		
	Brittney - Blue	Maddy - Purple		
		Kathryn - Gold		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00 <b>Core on the Floor</b> Studio 1				8:30 - 9:00 <b>Core on the Floor</b> Studio 1
9:00 - 9:30 <b>Core Chair Yoga</b> Studio 1				9:00 - 9:30 <b>Core Chair Yoga</b> Studio 1
9:40 - 10:20 <b>Stronger Women</b> Studio 1				9:40 - 10:20 <b>Stronger Women</b> Studio 1
10:30 - 11:30 <b>Beginner Ballet</b> Studio 1				10:30 - 11:15 <b>Tabata LSSC</b> Private Class
10:30 - 11:15 <b>Tabata LSSC</b> Private Class	11:30 - 12:20 <b>Chair Workout</b> Studio 1	12:00 - 12:30 * <b>Everyday Balance &amp; Mobility</b> Studio 1	11:30 - 12:20 <b>Chair Workout</b> Studio 1	10:30 - 11:15 <b>Tai Chi Flow</b> Studio 1
12:00 - 12:45  Studio 1 - Nami		12:45 - 1:15 <b>Strong Walk</b> Meet @ Fitness Desk		11:30 - 12:30 <b>Let's Belly Dance!</b> Studio 1
12:45 - 1:15 <b>Strong Walk</b> Meet @ Fitness Desk	12:30 - 1:15 <b>Chair Yoga</b> Sullivan Room	1:00 - 1:45 * <b>Beginner Tai Chi</b> Studio 1	12:30 - 1:15 <b>Chair Yoga</b> Sullivan Room	12:45 - 1:15 <b>Strong Walk</b> Meet @ Fitness Desk
1:00 - 1:45 * <b>Beginner Tai Chi</b> Studio 1	1:20 - 2:00 <b>Nordic Pole Walking</b> Inside/ Outside	2:00 - 2:45 * <b>Intermediate Tai Chi</b> Studio 1	1:20 - 2:00 <b>Nordic Pole Walking</b> Inside/ Outside	Recorded ASAC Videos <b>Movement &amp; Mobility</b> <b>Body Renewal</b> <b>Dance Cardio</b>
2:00 - 2:45 * <b>Intermediate Tai Chi</b> Studio 1	1:30 - 2:00 <b>Tai Chi 24 Form Advanced</b> Private Class	2:45 - 3:30 * <b>Tai Chi Fan</b> Studio 1	1:30 - 2:00 <b>Tai Chi 24 Form Advanced</b> Private Class	See Andrea at the desk for more information



**2026 ASAC Closure Dates. ASAC is closed on major holidays.**

*Subject to change without prior notice*

Reservations required to participate in Fitness Classes. Must be an active monthly Fitness Member with up-to-date fees to participate in-person or on Zoom. Contact Fitness Staff at 907-770-2006, [bmitchell@anchorage seniorcenter.org](mailto:bmitchell@anchorage seniorcenter.org) to reserve your space.

**ASAC INCLUDING FITNES IS CLOSED JUNE 19, 2026 FOR JUNEENTH**