ASAC Fitness Class Schedule | **November 2026** | Updated: Oct 28, 2026

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| **Studio Location:** | Fitness Studio 1 \| By Library<br>Fitness Studio 2 \| Wii / Recorded ZOOM | | **Zoom Key:** | **Grey Box on Zoom Only** |
| **Instructor Key:** | **Anna - Black** | **Tim - Red** | | ***on Zoom & in- person** |
| | **Kathryn - Gold** | **Maddy - Purple** | | |
| | **Nami - Zumba** | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 10:30 - 11:45<br>**Beginner Ballet**<br>**Studio 1** | **10:30 - 11:15**<br>**Private Class**<br>**Weight Room** | 10:30 - 11:45<br>**Beginner Ballet**<br>**Studio 1** | | **10:30 - 11:15**<br>**Private Class**<br>**Weight Room** |
| 12:00 - 12:45<br>ZUMBA gold<br>**Studio 1 - Nami** | | | | 10:30 - 11:15<br>**Tai Chi Flow**<br>**Studio 1** |
| | | | | 11:30 - 12:30<br>**Let's Belly Dance!**<br>**Studio 1** |
| 1:00 - 1:45<br>***Tai Chi for Arthritis & Fall Prevention**<br>**Studio 1** | | 1:00 - 1:45<br>***Tai Chi for Arthritis & Fall Prevention**<br>**Studio 1** | | |
| 2:00 - 2:45<br>***Intermediate Tai Chi**<br>**Studio 1** | 1:20 - 2:00<br>**Nordic Pole Walking**<br>**Inside/ Outside** | 2:00 - 2:45<br>***Intermediate Tai Chi**<br>**Studio 1** | 1:20 - 2:00<br>**Nordic Pole Walking**<br>**Inside/ Outside** | |
| | | 2:45 - 3:30<br>***Tai Chi Fan**<br>**Studio 1** | | |

Anchorage Senior Activity Center

**ASAC is closed on major holidays.**

*Subject to change without prior notice*