



MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

Mon.	Tues.	Wed.	Thurs.	Fri.
Yoga Flow 8:15am		UPLIFT™ Strength Training 8:15am	SHiNE Dance Fitness™ 8:15am	
	Strength & Stability 1:00pm	Energy, Boost & Reset: Kundalini Flow Yoga 11:00am		Slow Flow & Gentle Yoga 10:00am
Pilates Mat Class 1:00pm	Yoga Flow 2:00pm	Yoga Flow 4:00pm	Pilates Mat Class 1:00pm	Strength & Stability 1:00pm
Ground & Release: A Gentle Yoga Practice 6:00pm	Balance & Flow Yoga 4:30pm	Strength & Stability 5:00pm	Hatha Yoga 3:00pm	<i>Fitness classes range from 45-60 minutes in length</i>

Group fitness classes are free for MAC Members & are located in the fitness studios.
 Classes are drop in only for Fall quarter, so no registration is required.
 Classes will be full at 12-15 participants depending on the class.

Questions? Email us at: mac.central@seattlecolleges.edu



To request disability related accommodations,
 please contact Accessibility Resource Center at
arc.central@seattlecolleges.edu

