



MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

WINTER QUARTER 2025

Mon.	Tues.	Wed.	Thurs.
		UPLIFT™ Strength Training 9:30am	Slow Flow & Gentle Yoga 10:00am
Ground & Release: A Gentle Yoga Practice 11:00am			Strength & Stability 12:00pm
Pilates Mat Class 1:00pm	Pilates Mat Class 2:00pm		Pilates Mat Class 2:00pm
Strength & Stability 3:00pm	Balance & Flow Yoga 4:00pm	Hatha Yoga 3:00pm	Energy, Boost & Reset: Kundalini Flow Yoga 4:00pm

Group fitness classes are free for MAC Members & are located in the fitness studios.
 Classes are drop in only for Winter 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

