



MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

WINTER QUARTER 2025

Mon.	Tues.	Wed.	Thurs.
Ground & Release: A Gentle Yoga Practice 11:00am			Slow Flow & Gentle Yoga 10:00am
Pilates Mat Class 1:00pm	Pilates Mat Class 2:00pm	UPLIFT™ Strength Training 12:00pm	Strength & Stability 12:00pm
Strength & Stability 3:00pm	Balance & Flow Yoga 4:00pm		Pilates Mat Class 2:00pm
Hatha Yoga 5:00pm	Strength & Stability 5:30pm	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

