



SEATTLE CENTRAL COLLEGE
TIGERS

MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

SPRING QUARTER 2025

Mon.	Tues.	Wed.	Thurs.
Ground & Release: A Gentle Yoga Practice 11:30am			Hatha Yoga 11:30am
Pilates Mat Class 1:00pm	Pilates Mat Class 12:00pm	SHINE™ Dance Fitness 12:00pm	Pilates Mat Class 1:00pm
Strength & Stability 3:00pm		Slow Flow & Gentle Yoga 3:30pm	
Yoga Flow 5:00pm	Energy Boost and Rest: Kundalini Flow Yoga 4:00p	Strength & Stability 5:30pm	Yoga Flow 5:30p

CLASSES START APRIL 7TH AND END JUNE 19TH

Group fitness classes are free for MAC Members & are located in the fitness studios. Classes are drop in only for Spring quarter, so no registration is required.

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



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

