



# MITCHELL ACTIVITY CENTER

## GROUP FITNESS CLASSES

### SUMMER QUARTER 2025

Mon.	Ground & Release: A Gentle Yoga Practice 12:00 pm	
Tues.	Energy Boost and Rest: Kundalini Flow Yoga 1:00 pm	
Wed.	SHiNE + UPLIFT Fitness 12:15pm	Strength & Stability 3:30pm
Thurs.	Hatha Yoga 1:00pm	Strength & Stability 2:30pm

### CLASSES START JULY 14TH

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

Questions? Email us at: [mac.central@seattlecolleges.edu](mailto:mac.central@seattlecolleges.edu)



To request disability related accommodations,  
please contact Accessibility Resource Center at  
[arc.central@seattlecolleges.edu](mailto:arc.central@seattlecolleges.edu)

