

MITCHELL ACTIVITY CENTER



GROUP FITNESS CLASSES

FALL QUARTER 2025

Mon.	Tues.	Wed.	Thurs.	Fri.
Yoga Flow 12:00pm	Grounded & Release Yoga 2:00pm	Energize & Explore Yoga 11:00am	Pilates Mat Class 12:30PM	Mixed Martial Arts (Boxing) 11:00am
Pilates Mat Class 2:00pm	Aikido Martial Arts 4:30pm	SHINE™ Dance Fitness 12:15pm	Yoga Flow 4:00pm	Pilates Mat Class 1:00PM
Level UP: Power & Agility 4:00pm	Contemporary Dance 6:00pm	Mixed Martial Arts (Boxing) 3:00pm	Weight Training Lab 6:00pm	

CLASSES RUN OCTOBER 6TH THROUGH DECEMBER 5TH

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 participants and are first come first served.

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



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

