

MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

WINTER QUARTER 2026

MON	TUE	WED	THU	FRI
Mellow Flow Yoga 12:30 PM	Reset and Flow Yoga 12:30 PM	SHiNE Dance Fitness 12:15 PM	Pilates Mat Class 12:30 PM	Pilates Mat Class 12:00 PM
Pilates Mat Class 2:00 PM	Aikido Martial Arts 3:00 PM	Hatha Yoga for Resilience 1:30 PM	Reset and Flow Yoga 2:00 PM	Hatha Yoga for Resilience 1:30 PM
Level UP: Power & Agility 4:30 PM	Modern Dance 6:00 PM	Mixed Martial Arts (Boxing) 3:00 PM	CLASSES RUN JANUARY 12 THROUGH MARCH 6 QUESTIONS? EMAIL US AT mac.central@seattlecolleges.edu	
		Hip Hop Dance 4:30 PM		

Group fitness classes are free for MAC members!
Classes are drop in so no reservations required- first come first served.
Classes capped at 12 participants



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

