

MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

WINTER QUARTER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Yoga 12:30 PM	Yoga Time TBD	SHINE™ Dance Fitness 12:15pm	Pilates Mat Class 12:30PM
Pilates Mat Class 2:00pm	Aikido Martial Arts 3:00 pm	Mixed Martial Arts (Boxing) 3:00pm	Yoga Time TBD
Level UP: Power & Agility 4:30pm	Contemporary Dance 6:00pm	Hip Hop Dance 4:30pm	

CLASSES RUN JANUARY 12 THROUGH MARCH 6

Group fitness classes are free for MAC members
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

