

MITCHELL ACTIVITY CENTER

GROUP FITNESS CLASSES

SPRING 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mellow Flow Yoga Instructor: Carly Time: 1:00-2:00 PM	Yin-Yang Yoga Instructor: Dorinda Time: 1:30-2:30 PM	Yin-Yang Yoga Instructor: Dorinda Time: 1:30-2:30 PM	Pilates Mat Class Instructor: Maya Time: 12:30-1:20 PM
Hip Hop Dance Instructor: Rodrick Time: 3:00-4:00 PM	Open Studio Boxing NO INSTRUCTOR Time: 3:00-4:00 PM <i>*no formal class, this is, an open space to practice</i>	MMA: Boxing Instructor: Manny Time: 3:00-4:00 PM	Reset & Flow Yoga Instructor: Dorinda Time: 2:00-3:00 PM

CLASSES RUN APRIL 13TH- JUNE 4TH

NO CLASSES MONDAY MAY 25TH- MAC CLOSED FOR MEMORIAL DAY

Group fitness classes are free for MAC members.
 No reservations required- first come first served
 Classes are held in the Fitness Studio at the MAC
 Classes are suitable for all levels- everyone is welcome!



QUESTIONS?
 EMAIL US AT

MAC.CENTRAL@SEATTLECOLLEGES.EDU



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

