

GROUP EXERCISE IAP/SPRING 2020

Z CENTER
120 VASSAR ST, CAMBRIDGE, MA 02139

T-CLUB

Z-POOL

ALUMNI/WANG CENTER
32 VASSAR ST, CAMBRIDGE, MA 02142

SPIN STUDIO

WANG STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 7:00 am - 8:00 am Anna T-Club	Vinyasa Yoga 7:00 am - 8:00 am Ilona Wang Studio	Slow Flow Yoga 7:00 am - 8:00 am Anna T-Club		Pilates 7:00 am - 8:00 am Anna T-Club		
Spin & Sculpt 7:30 am - 8:30 am Liz F. Spin Studio		Spin & Sculpt 7:30 am - 8:30 am Tricia Spin Studio	Slow Flow Yoga 7:30 am - 8:30 am Anna Wang Studio		Shallow H2O 9:15 am - 10:15 am Jim C. Z-Pool	
Vinyasa Yoga 9:30 am - 10:30 am Paige Wang Studio			Yoga 9:30 am - 10:30 am Jess A. Wang Studio	Yoga 9:30 am - 10:30 am Paige Wang Studio	HIIT 9:30 am - 10:30 am Marie F. T-Club	Interval Training 9:30 am - 10:30 am Linh N. T-Club
					Zumba 10:30 am - 11:30 am Liz F. T-Club	Pilates 10:30 am - 11:15 am Linh N. T-Club
Functional Fitness (FREE) 12:00 pm - 1:00 pm Marcus T-Club	Zumba (FREE) 12:00 pm - 1:00 pm Sandra Wang Studio	Yoga (FREE) 12:00 pm - 1:00 pm Paige T-Club	Bootcamp (FREE) 12:00 pm - 1:00 pm Fen Wang Studio	Functional Fitness (FREE) 12:00 pm - 1:00 pm Marcus T-Club		
Barre Fusion 12:15 pm - 1:15 pm Maite Wang Studio		Barre 12:15 pm - 1:15 pm Leah Wang Studio		Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
Barre 4:30 pm - 5:30 pm Leah Wang Studio	Core/Strength Stability 4:30 pm - 5:30 pm Fen Wang Studio	Stretch & Core 4:00 pm - 5:00 pm Maite Wang Studio	Pilates 4:15 pm - 5:00 pm Anna Wang Studio	Latin Dance 4:00 pm - 5:00 pm Cristian Wang Studio		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio	BollyX 5:30 pm - 6:30 pm Fen Wang Studio	Zumba 5:00 pm - 6:00 pm Cecilia Wang Studio	Alignment Flow Yoga 5:00 pm - 6:00 pm Anna Wang Studio	Bootcamp 5:00 pm - 6:00 pm Liz F. Wang Studio		
Cycle 5:45 pm - 6:30 pm Melissa Spin Studio	Cycle 6:00 pm - 7:00 pm Jaclyn Spin Studio	Yoga 6:00 pm - 6:45 pm Jessica Wang Studio	Cycle 6:00 pm - 6:30 pm Melissa Spin Studio	Express Cycle 6:00 pm - 6:30 pm Liz F. Spin Studio		
			BollyX 6:00 pm - 6:45 pm Sandya Wang Studio	Barre 6:00 pm - 7:00 pm Wendy Wang Studio		
Advanced Step 6:30 pm - 7:30 pm Jessica Wang Studio	Kickboxing 6:30 pm - 7:30 pm Chelsea G. Wang Studio	Cycle 6:30 pm - 7:30 pm Amanda Spin Studio				
		Pilates 6:45 pm - 7:30 pm Tricia Wang Studio	Kickboxing 6:45 pm - 7:30 pm Melissa Wang Studio			
HIIT 7:30 pm - 8:15 pm Jessica Wang Studio	Cycle 7:30 pm - 8:15 pm Amanda Spin Studio	Bootcamp 7:30 pm - 8:15 pm Marie F. Wang Studio	Yoga for Balance 7:30 pm - 8:30 pm Sabbie Wang Studio			
Core & Recovery 8:15 pm - 8:45 pm Jessica Wang Studio	Vinyasa Yoga 8:00 pm - 8:45 pm Sabbie Wang Studio	Abs 8:15 pm - 8:45 pm Marie F. Wang Studio				

Download the **MIT Recreation Mobile App** for the most up-to-date information and to reserve your space in class

PRICING		DATES
<p>Students</p> <p>1 Month Pass: \$30 Annual Pass: \$325</p> <p>Must purchase passes in person w/ proper MIT I.D.</p>	<p>Non-Student (Members)</p> <p>1 Month Pass: \$45 Annual Pass: \$490</p> <p>Purchase passes in person or online. For monthly auto-purchase email: grouper@mit.edu</p>	<p>Sessions</p> <p>Spring Schedule: January 2 - May 31 Demo Week: February 10 - 16 Alternate Schedule: Jan 2-5 Mar 23-27 May 26-31 No Classes: Jan 20 Feb 17 Apr 20 May 25</p>

Abs - Add a variety of exercises and intensity to your usual ab routine - and see results! This workout is dedicated to toning and strengthening the abdominal and core muscles.

Advanced Step - This class is a great way to get your cardio workout in! Filled with creative choreography, step provides a challenging and fun cardio class.

Alignment Flow Yoga - This yoga practice builds flexibility and strength in both the body and mind. It melds the flowing, breath-linked poses of vinyasa with longer, deeper holds of hatha yoga. Moving the body thoughtfully and with the breath will open the body and help release both physical & mental stress. The focus on alignment encourages a strong, safe practice.

Aqua Bootcamp - This aquatic based fitness class focuses on building endurance, muscle strength and cardiovascular fitness. This water aerobic workout uses callisthenic exercises where participants will complete circuit style exercises while swimming over 500 yards. This is class is for beginners and advanced swimmers!

Barre - This calorie-burning class incorporates principles of ballet, pilates and yoga into one total body workout. The use of an exercise ball, light weights and ballet barre help sculpt the body and create long lean muscles. Benefits include better posture, core strength, increased flexibility and overall muscle tone.

Body Sculpt - This class is an intro to weight training and increasing lean muscle tissue and metabolism. Offers a non-aerobic workout by incorporating a variety of resistance equipment.

BollyX - BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts with the hottest music from around the world. Its 50-minute cardio workout cycles between high and low-intensity dance sequences to get you moving, sweating, and, most importantly, motivated all at the same time.

Bootcamp - This class mixes traditional calisthenic and body weight exercises with interval training and strength training in a teamwork environment. All fitness levels are welcome!

Cardio Barre - This upbeat, no-impact class leaves you feeling fit, centered, and refreshed. The Class: Cardio Barre combines barre work and light weights in an upbeat, no-impact workout designed to burn fat and lengthen muscles.

Club Vibe Dance Fitness - Studio style dance meets cutting edge fitness in an entertaining and effective format. This variable intensity dance format combines club music with dance fitness movements. For 60 explosive minutes, Club Vibe® delivers a challenging cardio workout to heart pounding music. A workout that is motivating, energizing and addictive!

Core & Recovery - This is total body and mind workout with an emphasis on the power center, or core, and abdominal muscles. This is an expansion of classic Pilates mat exercises in a low impact environment to reduce stress on the joints. The class will work to build abdominal strength, lengthen and tone muscles, and find a rejuvenating breath system. The class ends with 15 minutes of foam rolling. Foam Rolling helps to release muscle tightness and trigger points, lengthens muscles, and increases blood flow and circulation, allowing you to train harder and reduce injury.

Cycle - Follow your instructor through a variety of drills such as intervals, speed, and hill climbing. This class is a great cardio workout and a lot of fun!

Fitness Yoga - This class puts an athletic spin on vinyasa flow. Power yoga will largely focus on building internal heat while improving strength, stamina and flexibility. Challenge your body while relaxing your mind and be prepared to sweat!

Functional Circuits - Functional circuits focuses on functional cardio interval movements designed to increase flexible strength for daily living activities. You can expect to be coached on performing the level of exercise that is appropriate for your fitness level as well as proper form and technique so that these skills can be translated to your day-to-day living.

Functional Fitness - Functional fitness is about preparing you for life. This high-intensity class focuses on functional cardio movement and strength patterns designed to increase flexible strength for daily living activities. You can expect to be coached on performing the level of exercise that is appropriate for your fitness level as well as proper form and technique so that these skills can be translated to your day-to-day living.

Heal Flow Yoga - The class starts with an intentional flow that builds spinal and hip strength and flexibility, then moves into deeper, longer-held 'yin'-style postures to access connective tissue. We end with 'Pranayama', a healing breath practice that is considered to be the next step in yoga, but is accessible, focusing, and empowering to all.

HIIT - High Intensity Interval Training! HIIT is a fast-paced workout that will help improve both your cardiovascular fitness as well as muscular power. This is a non-stop, cardio based workout that is guaranteed to get your heart pumping while competing against the clock.

Intermediate Yoga - Take your practice to the next level with intermediate yoga from Gaia. Go beyond the basics and discover a wider variety of poses and styles.

Interval Training - Interval training is a form of HIIT (high-intensity interval training) that alternates between 20 seconds of very intense bursts of work and 10 seconds of rest in four-minute rounds. You will experience at total body strength and cardiovascular workout in this class. All levels welcome!

Kickboxing - A cardiovascular workout that uses punches, kicks, and blocks to increase your heart rate. This fun, energizing class offers various levels to meet everyone's needs. Work on endurance, strength and coordination while burning tons of calories and learning the basics of boxing.

Outdoor Fitness Training (OFT) - Circuit training drills in our OFT class will drive your cardio endurance up while keeping your muscles loaded for strength training. This class combines simple athletic drills in a unique and novel Group Fitness environment that will motivate you to finish hard and strong.

Pilates - This class is focused on building strength and improving flexibility and agility to help prevent injury. It involves a series of controlled movements that engage both your body and mind. The primary focus is on awareness of the spine, proper breathing, core strength and flexibility.

Roll and Recover - Foam roller classes are based on the fact that loosening up the connective tissues increases muscle flexibility, in addition to reducing pain. The cylinder shaped foam rollers are made of varying densities, which can be used to vary the pressure applied.

Shallow Water H2O - A challenging water workout that improves your cardiovascular fitness and burns calories. This class is designed with short bursts of high intensity activity for a challenging interval workout.

Slow Flow Yoga - A variety of Vinyasa yoga in which each series of asanas enables students to work through the body, building strength, flexibility, and connection with the breath. This variety of yoga is suitable for beginners and advanced students. Class will help release chronic tension, activate energy, develop strength in the body, and cultivate inner focus and clear awareness.

Spin & Sculpt - This class is an intense mix of cardio cycling drills for 30 minutes followed by a fast-paced circuit of strength training exercises for the second half of class. This will not only give you total body strength but increase your stamina and endurance. Class will begin in the Cycle Studio and end in the Wang group exercise studio.

Strength & Stability - Get on the ball and get moving! This class challenges core and stability muscles through the use of a BOSU, Stability Ball, & Medicine balls. Offers a challenging and invigorating workout – but you'll have a blast! All abilities welcome.

Stretch & Core - Intensify your workout with this user friendly fitness class! This core class focuses on strengthening the abdominal muscles while also practicing yoga poses and increasing flexibility.

Strictly Strength - This class provides a full-body sculpting workout. Each class will focus on all major muscle groups and teach proper form and technique for every exercise.

Unwind Yoga - Open and strengthen the body in a meditative yet purposeful way. Modifications & more advance options are given to make this class great for any level. Balance physical activity with inner stillness to leave you refreshed and revived.

Upper Body Strength

This resistance training class that will focus on: arms, back, chest and core muscles using various methods and equipment to strengthen and tone the upper body.

Vinyasa Yoga

Teaches breathing techniques and movement through a series of poses designed to improve strength and flexibility. All fitness levels welcome.

Yin & Yang Yoga

The first half of the class will be a typical vinyasa flow or "yang" style focus with the second half of the class focusing on the "yin" side of practice by slowing down and holding passive, static stretches for longer periods (3-5 minutes). We'll also use props (blankets, blocks, etc) to allow more relaxation in the muscles and to work into the deeper connective tissue layers.

Yoga

This ancient natural method for achieving and maintaining physical, mental and emotional health is the hottest form of exercise right now. This class includes classical yoga postures, warm-ups, breathing techniques, and relaxation methods. Benefits include: stress release, body tone and strength, weight control, improved body alignment and flexibility and better concentration.

Zumba Fitness®

Zumba is a fusion of Latin and International music / dance themes that create a dynamic and exciting, yet easy to follow, class! It combines high energy and motivating music with unique moves and combinations making for a "feel-happy" workout that is great for both the body and the mind!