

GROUP EXERCISE ALTERNATE SCHEDULE 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
		Slow Flow Yoga 7:00 am - 8:00 am Anna T-Club		Pilates 7:00 am - 8:00 am Anna T-Club		
			Yoga 9:30 am - 10:30 am Jess Wang Studio			
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		
				Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
	Core/Strength Stability 4:30 pm - 5:30 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		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio						
Cycle 5:45 pm - 6:30 pm Melissa Spin Studio			Cycle 6:00 pm - 6:30 pm Melissa Wang Studio			
	Cycle 6:00 pm - 7:00 pm Jaclyn Wang Studio		Kickboxing 6:45 pm - 7:30 pm Melissa Wang Studio			
	Kickboxing 7:00 pm - 8:00 pm Chelsea G. Wang Studio					
		Bootcamp 7:30 pm - 8:15 pm Marie F. 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: groupex@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>