# Alternate Schedule: Summer 2018

**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**

**Sailing Pavilion**

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td></td>
<td>Outdoor Yoga</td>
<td>7:00 am - 8:00 am</td>
<td>Anna</td>
<td>T-Club</td>
<td>Spin &amp; Sculpt</td>
<td>7:30 am - 8:30 am</td>
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<td></td>
<td>Body Sculpt</td>
<td><strong>FREE</strong></td>
<td>12:00 pm - 1:00 pm</td>
<td>Brianna</td>
<td>T-Club</td>
<td>Body Sculpt</td>
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<td></td>
<td>Barre</td>
<td>4:30 pm - 5:30 pm</td>
<td>Leah</td>
<td>Wang Studio</td>
<td>Cycle</td>
<td>4:30 pm - 5:15 pm</td>
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<tr>
<td></td>
<td>Cycle</td>
<td>6:15 pm - 7:00 pm</td>
<td>Lainie</td>
<td>Spin Studio</td>
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*Please bring a towel or yoga mat with you to this class.*

Please note that instructors and classes are subject to change without notice. Visit us online for updated class information.

**No Classes:** June 8 (before noon) | July 4

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## Pass Pricing & Dates

**Students**
1 Month Pass: $30

Must purchase passes in person w/ proper MIT ID.

**Non-Student (Members)**
1 Month Pass: $45

Purchase passes in person or online. Monthly auto-purchase available (email groupex@mit.edu).

**Sessions**
June 4 - September 2
Alternate Schedule: July 2 - 8, August 19 - September 2

*Monthly passes are valid for the calendar month for which they are purchased.*

For more information visit [www.mitrecsports.com](http://www.mitrecsports.com)
Class Descriptions

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 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.

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 calisthenics 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.

Core 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.

Cycle
The ultimate indoor cycling experience! 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
A dynamic yoga style that links the movement with the breath. This style of yoga requires physical energy and for your mind to stay focused. This helps you to be present in your body rather than stuck in your head.

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.

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.

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 H20
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 is the Cycle Studio and end in the Wang group exercise studio.

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!