

ALTERNATE SCHEDULE: FALL 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Slow Flow Yoga 7:00 am - 8:00 am Anna T-Club				
				Spin & Sculpt 7:30 am - 8:30 am Karissa Spin Studio		
Body Sculpt (FREE) 12:00 pm - 1:00 pm Elena T-Club	Zumba* (FREE) 12:00 pm - 1:00 pm An Wang Studio	Body Sculpt* (FREE) 12:00 pm - 1:00 pm Linh T-Club	Bootcamp (FREE) 12:00 pm - 1:00 pm Karissa Wang Studio	Body Sculpt (FREE) 12:00 pm - 1:00 pm Teri T-Club		
				Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
Barre 4:30 pm - 5:30 pm Leah Wang Studio	Cycle 4:30 pm - 5:15 pm Karissa Spin Studio					
	Pilates 5:00 pm - 6:00 pm Maite Wang Studio		Stability and Core 5:00 pm - 6:00 pm Fen Wang Studio	HIIT 5:00 pm - 5:45 pm Liz Wang Studio		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio						
Cycle 6:15 pm - 7:00 pm Lainie Spin Studio			Zumba 6:00 pm - 7:00 pm Fen Wang Studio			
		Bootcamp 7:30 pm - 8:15 pm Marie Wang Studio				
		Abs 8:15 pm - 8:45 pm Marie Wang Studio				

*This class is not eligible for PE Credit

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

No Classes: October 8 | November 12, 22 | December 24 - 25, 31

Pass Pricing & Dates

<p>Students 1 Month Pass: \$30</p> <p>Must purchase passes in person w/ proper MIT I.D.</p>	<p>Non-Student (Members) 1 Month Pass: \$45</p> <p>Purchase passes in person or online. Monthly auto-purchase available (email groupex@mit.edu).</p>	<p>Sessions September 4 - December 31 Demo Week: September 10 - 16 Alternate Schedule: November 19 - 25, December 17 - 23, 26 - 31</p>
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Monthly passes are valid for the calendar month for which they are purchased.

MIT RECREATION

For more information visit www.mitrecsports.com