

# GROUP EXERCISE 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
<b>Pilates</b> 7:00 am - 8:00 am Anna   T-Club	<b>HIIT</b> 6:45 am - 7:30 am Brianna   Wang Studio	<b>Slow Flow Yoga</b> 7:00 am - 8:00 am Anna   T-Club	<b>HIIT</b> 6:45 am - 7:30 am Lainie   Wang Studio	<b>Pilates</b> 7:00 am - 8:00 am Anna   T-Club		
<b>Spin &amp; Sculpt</b> 7:30 am - 8:30 am Liz   Spin Studio	<b>Intermediate Yoga</b> 7:30 am - 8:30 am Jodi   Wang Studio	<b>Spin &amp; Sculpt</b> 7:30 am - 8:30 am Lainie   Spin Studio	<b>Slow Flow Yoga</b> 7:30 am - 8:30 am Anna   Wang Studio	<b>Spin &amp; Sculpt</b> 7:30 am - 8:30 am Karissa   Spin Studio	<b>Shallow H2O**</b> 9:00 am - 10:00 am Jim C.   Z-Pool	<b>Yin &amp; Yang Yoga</b> 9:15 am - 10:30 am Jill   T-Club
	<b>HIIT</b> 10:00 am - 10:45 am Ethan   Wang Studio	<b>Cycle</b> 12:00 am - 12:45 am Karissa   Spin Studio	<b>HIIT</b> 10:00 am - 10:45 am Ethan   Wang Studio		<b>Zumba</b> 10:30 am - 11:30 am Liz   T-Club	
<b>Body Sculpt (FREE)</b> 12:00 pm - 1:00 pm Elena   T-Club	<b>Zumba* (FREE)</b> 12:00 pm - 1:00 pm An   Wang Studio	<b>Body Sculpt* (FREE)</b> 12:00 pm - 1:00 pm Linh   T-Club	<b>Bootcamp (FREE)</b> 12:00 pm - 1:00 pm Karissa   Wang Studio	<b>Body Sculpt (FREE)</b> 12:00 pm - 1:00 pm Teri   T-Club	<b>Fitness Yoga</b> 11:45 am - 12:45 pm Brittany   T-Club	
<b>Yin &amp; Yang Yoga</b> 12:15 pm - 1:15 pm Mary R   Wang Studio		<b>Barre</b> 12:15 pm - 1:15 pm Leah   Wang Studio		<b>Unwind Yoga</b> 12:15 pm - 1:15 pm Anna   Wang Studio		
	<b>Bootcamp</b> 4:00 pm - 5:00 pm Marie   Wang Studio		<b>Alignment Flow Yoga</b> 4:00 pm - 5:00 pm Anna   Wang Studio	<b>Barre</b> 4:00 pm - 5:00 pm Alice   Wang Studio		
<b>Barre</b> 4:30 pm - 5:30 pm Leah   Wang Studio	<b>Cycle</b> 4:30 pm - 5:15 pm Karissa   Spin Studio	<b>Vinyasa Yoga</b> 4:30 pm - 5:30 pm Jill   Wang Studio				
	<b>Pilates</b> 5:00 pm - 6:00 pm Maite   Wang Studio		<b>Stability and Core</b> 5:00 pm - 6:00 pm Fen   Wang Studio	<b>HIIT</b> 5:00 pm - 5:45 pm Liz   Wang Studio		
<b>Unwind Yoga</b> 5:30 pm - 6:30 pm Anna   Wang Studio		<b>BollyX</b> 5:30 pm - 6:30 pm Fen   Wang Studio				
<b>Cycle</b> 6:15 pm - 7:00 pm Lainie   Spin Studio	<b>Upper Body Strength</b> 6:00 pm - 6:45 pm Maite   Wang Studio		<b>Zumba</b> 6:00 pm - 7:00 pm Fen   Wang Studio	<b>BollyX</b> 5:45 pm - 6:45 pm Sandy   Wang Studio		
<b>Advanced Step</b> 6:30 pm - 7:30 pm Jessica   Wang Studio	<b>Roll &amp; Recover</b> 6:45 pm - 7:15 pm Maite   Wang Studio	<b>Pilates</b> 6:30 pm - 7:30 pm Fen   Wang Studio	<b>Cycle</b> 6:15 pm - 7:00 pm Lainie   Spin Studio			
	<b>Cardio Barre</b> 7:15 pm - 8:00 pm Alice   Wang Studio		<b>Strictly Strength</b> 7:00 pm - 8:00 pm Liz   Wang Studio			
<b>HIIT</b> 7:30 pm - 8:15 pm Jessica   Wang Studio		<b>Bootcamp</b> 7:30 pm - 8:15 pm Marie   Wang Studio				
<b>Abs</b> 8:15 pm - 8:45 pm Jessica   Wang Studio	<b>Slow Flow Yoga</b> 8:00 pm - 9:00 pm Jill   Wang Studio	<b>Abs</b> 8:15 pm - 8:45 pm Marie   Wang Studio	<b>Heal Flow Yoga</b> 8:00 pm - 9:00 pm Ivor   Wang Studio			

\*This class is not eligible for PE Credit \*\* No Class on December 8

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 | (No Shallow H2O Class December 8)

## Pass Pricing & Dates

<p><b>Students</b> 1 Month Pass: \$30</p> <p>Must purchase passes in person w/ proper MIT I.D.</p>	<p><b>Non-Student (Members)</b> 1 Month Pass: \$45</p> <p>Purchase passes in person or online. Monthly auto-purchase available (email <a href="mailto:groupex@mit.edu">groupex@mit.edu</a>).</p>	<p><b>Sessions</b> 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](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 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.

### 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.

### 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

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!

### 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.

### Heal Flow Yoga

Combines asana (poses) and pranayama (breathing) practice. It can be performed time and time again to gain vitality and longevity. Some Experience recommended. After a few energizing Sun Salutations and a brief flow, a Hatha series rounds out class. This class is designed to help recover from the challenges of life and enhance the energy you bring to all your endeavors, from the inside out.

### 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.

### 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 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.

### 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!