

# GROUP EXERCISE SCHEDULE: IAP/SPRING 2017

## Z CENTER

120 VASSAR ST, CAMBRIDGE, MA 02139

T-CLUB

Z-POOL

## ALUMNI/WANG CENTER

6 VASSAR ST, CAMBRIDGE, MA 02142

SPIN STUDIO

GROUP EX  
STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pilates</b> 7:00 am - 8:00 am Anna	<b>Yoga</b> 7:30 am - 8:30 am Sarah	<b>Yoga</b> 7:00 am - 8:00 am Anna	<b>Slow Flow Yoga</b> 7:30 am - 8:30 am Anna	<b>Pilates</b> 7:00 am - 8:00 am Anna	<b>Shallow H2O</b> 9:00 am - 10:00 am Jim C
<b>Stability &amp; Core</b> 7:30 am - 8:30 am James		<b>Shallow H2O</b> 7:00 am - 7:45 am Mary Anne		<b>Spin &amp; Sculpt</b> 7:30 am - 8:30 am Karissa	<b>Zumba</b> 10:30 am - 11:30 am Liz
		<b>HIIT</b> 10:00 am - 10:45 am Hayley	<b>Aqua Jogging</b> 12:00 pm - 12:45 pm Jim C		<b>Yoga</b> 11:30 am - 12:30 pm Kailey
<b>Body Sculpt (FREE)</b> 12:00 pm - 1:00 pm Hayley	<b>Kickboxing (FREE)</b> 12:00 pm - 1:00 pm Fen	<b>Body Sculpt (FREE)</b> 12:00 pm - 1:00 pm Elena	<b>Bootcamp (FREE)</b> 12:00 pm - 1:00 pm Hayley	<b>Body Sculpt (FREE)</b> 12:00 pm - 1:00 pm Hayley	
<b>Yoga</b> 12:15 pm - 1:15 pm Shari		<b>Pilates</b> 12:15 pm - 1:15 pm Leah		<b>Yoga</b> 12:15 pm - 1:15 pm Anna	
	<b>Bootcamp</b> 4:00 pm - 5:00 pm James		<b>Vinyasa Yoga</b> 4:00 pm - 5:00 pm Anna		
<b>Barre</b> 4:30 pm - 5:30 pm Leah	<b>Cycle</b> 4:30 pm - 5:30 pm Lera	<b>Vinyasa Yoga</b> 4:30 pm - 5:30 pm Melanie		<b>Pilates</b> 4:30 pm - 5:30 pm Maite	
	<b>Pilates</b> 5:00 pm - 6:00 pm Fen		<b>Stability &amp; Core</b> 5:00 pm - 6:00 pm Fen		
<b>Yoga</b> 5:30 pm - 6:30 pm Anna		<b>Advanced Step</b> 5:30 pm - 6:30 pm Jessica		<b>HIIT</b> 5:30 pm - 6:15 pm Liz	
<b>Cycle</b> 6:00 pm - 7:00 pm Sarah	<b>Zumba</b> 6:00 pm - 7:00 pm Ashley	<b>Cycle</b> 6:00 pm - 7:00 pm Noa	<b>Zumba</b> 6:00 pm - 7:00 pm Fen		
<b>BollyX</b> 6:30 pm - 7:30 pm Ritika		<b>Barre</b> 6:30 pm - 7:30 pm Jessica		<b>BollyX</b> 6:15 pm - 7:15 pm Dalia	
	<b>Barre</b> 7:00 pm - 8:00 pm Ashley		<b>Strictly Strength</b> 7:00 pm - 8:00 pm Liz		
<b>HIIT</b> 7:30 pm - 8:15 pm Marie		<b>Bootcamp</b> 7:30 pm - 8:15 pm Marie			
<b>Abs</b> 8:15 pm - 8:45 pm Marie	<b>Yoga**</b> 8:00 pm - 9:00 pm Christy	<b>Abs</b> 8:15 pm - 8:45 pm Marie	<b>Yoga</b> 8:00 pm - 9:00 pm Ivor		

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

\*\* Denotes that this class will only be offered during Q3 & Q4. This class will not take place during IAP.

## Pricing & Dates

Students	Non-Student (Members)	Sessions
IAP: \$25 Q3 or Q4: \$50 Q3 and Q4: \$95 *Must purchase passes in person w/ proper I.D.	IAP: \$55 Q3 or Q4: \$75 Q3 and Q4: \$135 *Purchase passes in person or online.	IAP: January 9 - February 5 Free Week: February 6 - 11 Q3: February 13 - March 25 Q4: April 3 - May 13

No Classes: January 16; February 20; Spring Break: March 27 - 31; April 17

MIT RECREATION

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