

ALTERNATE GROUP EXERCISE SCHEDULE: SUMMER 2019

Z CENTER
120 VASSAR ST, CAMBRIDGE, MA 02139

T-CLUB **Z-POOL**

ALUMNI/WANG CENTER
32 VASSAR ST, CAMBRIDGE, MA 02142

SAILING PAVILION

SPIN STUDIO

WANG STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Outdoor Yoga 7:30 am - 8:30 am Anna Wang Studio	Spin & Sculpt 7:30 am - 8:30 am Lainie Spin Studio		
Functional Fitness (FREE) 12:00 pm - 1:00 pm Elena T-Club	Zumba (FREE) 12:00 pm - 1:00 pm Sandra Wang Studio	Fitness Yoga (FREE) 12:00 pm - 1:00 pm Jill T-Club	Bootcamp (FREE) 12:00 pm - 1:00 pm Thomas Wang Studio	Functional Fitness (FREE) 12:00 pm - 1:00 pm Teri T-Club		
				Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
		Stability & Core 4:30 pm - 5:30 pm Fen Wang Studio				
			Functional Strength 5:00 pm - 6:00 pm Marie Wang Studio	Bootcamp 5:00 pm - 6:00 pm Liz Wang Studio		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio	Kickboxing 5:30 pm - 6:30 pm Chelsea Wang Studio	BollyX 5:30 pm - 6:30 pm Fen Wang Studio				
Cycle 6:15 pm - 7:00 pm Lainie Spin Studio			Kickboxing 6:00 pm - 7:00 pm Melissa Wang Studio			
	Pilates 6:30 pm - 7:30 pm Chelsea Wang Studio					

Please note that instructors and classes are subject to change without notice. Visit us online for updated class information
No Classes: July 4 | No Shallow H2O: June 1, July 6, August 3

Pass Pricing & Dates

<p>Students 1 Month Pass: \$30 Summer Seasonal Pass: \$90 <small>Must purchase passes in person w/ proper MIT I.D.</small></p>	<p>Non-Student (Members) 1 Month Pass: \$45 Summer Seasonal Pass: \$135 <small>Purchase passes in person or online. Monthly auto-purchase available (email groupex@mit.edu).</small></p>	<p>Sessions June 3 - September 1 Alternate Schedule: July 1 - 7, August 19 - September 1</p>
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Monthly passes are valid for the calendar month for which they are purchased.



For more information visit www.mitrecsports.com