

GROUP EXERCISE SCHEDULE: WINTER & SPRING 2019

Z CENTER

120 VASSAR ST, CAMBRIDGE, MA 02139

T-CLUB

Z-POOL

MAC

ALUMNI/WANG CENTER

32 VASSAR ST, CAMBRIDGE, MA 02142

SPIN STUDIO

WANG STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 7:00 am - 8:00 am Anna T-Club	HIIT 6:45 am - 7:30 am Lainie Wang Studio	Slow Flow Yoga 7:00 am - 8:00 am Anna T-Club	Tabata 6:45 am - 7:30 am Amanda Wang Studio	Pilates 7:00 am - 8:00 am Anna T-Club		
Spin & Sculpt 7:30 am - 8:30 am Liz Spin Studio	Intermediate Yoga 7:30 am - 8:30 am Jodi Wang Studio	Spin & Sculpt 7:30 am - 8:30 am Lainie Spin Studio	Slow Flow Yoga 7:30 am - 8:30 am Anna Wang Studio	Spin & Sculpt 7:30 am - 8:30 am Karissa Spin Studio	Shallow H2O 9:00 am - 10:00 am Jim C Z-Pool	Yin & Yang Yoga 9:15 am - 10:30 am Jill T-Club
	HIIT 10:00 am - 10:45 am Ethan Wang Studio		Total Row 9:30 am - 10:30 am Ethan MAC		HIIT 9:30 am - 10:30 am Marie T-Club	
Functional Fitness (FREE) 12:00 pm - 1:00 pm Elena T-Club	Zumba (FREE) 12:00 pm - 1:00 pm An* 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	Cardio Remix 10:30 am - 11:30 am Liz T-Club	
Yin & Yang Yoga 12:15 pm - 1:15 pm Mary R Wang Studio		Barre 12:15 pm - 1:15 pm Leah Wang Studio		Unwind Yoga 12:15 pm - 1:15 pm Anna Wang Studio		
	Functional Strength 4:00 pm - 5:00 pm Ethan Wang Studio		Alignment Flow Yoga 4:00 pm - 5:00 pm Anna Wang Studio	Barre 4:00 pm - 5:00 pm Alice Wang Studio		
Barre 4:30 pm - 5:30 pm Leah Wang Studio	Cycle 4:30 pm - 5:15 pm Karissa Spin Studio	Stability/Core Strength 4:30 pm - 5:30 pm Fen Wang Studio				
	Core & Recovery 5:00 pm - 5:45 pm Ethan Wang Studio		Zumba 5:00 pm - 6:00 pm Sandra Wang Studio	Bootcamp 5:00 pm - 6:00 pm Liz Wang Studio		
Unwind Yoga 5:30 pm - 6:30 pm Anna Wang Studio		BollyX 5:30 pm - 6:30 pm Fen Wang Studio				
Cycle 6:15 pm - 7:00 pm Lainie Spin Studio	Pilates 5:45 pm - 6:45 pm Maite Wang Studio	Express Cycle 5:45 pm - 6:15 pm Amy Spin Studio	Functional Strength 6:00 pm - 7:00 pm Marie Wang Studio	BollyX 6:00 pm - 7:00 pm Dalia Wang Studio		
Advanced Step 6:30 pm - 7:30 pm Jessica Wang Studio		Yoga Beatz 6:30 pm - 7:30 pm Amy Wang Studio	Cycle 6:15 pm - 7:00 pm Lainie Spin Studio			
	Kickboxing 6:45 pm - 7:45 pm Chelsea Wang Studio		Kickboxing 7:00 pm - 8:00 pm Melissa Wang Studio			
HIIT 7:30 pm - 8:15 pm Jessica Wang Studio		Bootcamp 7:30 pm - 8:15 pm Marie Wang Studio				
Core & Recovery 8:15 pm - 9:00 pm Jessica Wang Studio	Arms, Abs, & Glutes 7:45 pm - 8:45 pm Linh* Wang Studio	Core & Recovery 8:15 pm - 9:00 pm Marie Wang Studio	Heal Flow Yoga 8:00 pm - 9:00 pm Ivor Wang Studio			

*No PE Credit available with this class.

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

No Classes: January 21, February 18, April 15, May 27 | No Shallow H2O: May 4

Pass Pricing & Dates

Students	Non-Student (Members)	Sessions
1 Month Pass: \$30 Winter & Spring Seasonal Pass: \$150 12 Month Pass**: \$325 (save \$3/month) Must purchase passes in person w/ proper MIT ID.	1 Month Pass: \$45 Winter & Spring Seasonal Pass: \$225 12 Month Pass**: \$490 (save \$4/month) Purchase passes in person or online. Monthly auto-purchase available (email groupex@mit.edu).	January 2 - May 31 Alternate Schedule: January 2 - 6, March 25 - 31, May 20 - 31 Demo Week: February 11 - 17

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

**Available for purchase through the end of February only.

Class Descriptions

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.

Arms, Abs, & Glutes

This fun, choreographed spin on a strength training workout is dedicated to isolating and strengthening arms, abs, and glutes. All levels welcome!

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.

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 Remix

If you're long over Zumba but love to dance, give this club-inspired workout a try. These cardio dance routines are easy to follow both for beginners and advanced levels!

Core & Recovery

This is total body and mind workout with an emphasis on the power center, or core, and abdominal muscles. This is an expansion of classic Pilates mat exercises in a low impact environment to reduce stress on the joints. The class will work to build abdominal strength, lengthen and tone muscles, and find a rejuvenating breath system. The class ends with 15 minutes of foam rolling. Foam Rolling helps to release muscle tightness and trigger points, lengthens muscles, and increases blood flow and circulation, allowing you to train harder and reduce injury.

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!

Express Cycle

Try this express 30-minute cycling workout full of high-intensity intervals set to an invigorating playlist! If you are short on time and need a good sweat, this is for you!

Free Fitness Yoga

Fitness Yoga puts an athletic spin on vinyasa flow. We'll focus largely on building strength while improving stamina and flexibility. This class provides the great combination of challenging the body while relaxing the mind! All levels welcome.

Free Functional Fitness

Functional fitness is about preparing you for life. This high-intensity class focuses on functional cardio movement and strength patterns designed to increase flexible strength for daily living activities. You can expect to be coached on performing the level of exercise that is appropriate for your fitness level as well as proper form and technique so that these skills can be translated to your day-to-day living.

Functional Strength

Take this class to train for life! Functional strength is the strength we need to get through our day-to-day life. Lifting our children, carrying the groceries, swinging a racket ... these are just some of the everyday activities that rely on functional strength. Whether it's playing sport, doing our job or simply living an active life, it's our functional strength that makes us fit for what we do.

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.

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.

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.

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.

Stability/Core Strength

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.

Tabata

Tabata is a form of HIIT (high-intensity interval training) that alternates between 20 seconds of very intense bursts of work and 10 seconds of rest in four-minute rounds. You will experience total body strength and cardiovascular workout in this class. All levels welcome!

Total Row

Utilizing Technogym's Rowing ergs in the MAC court, prepare for a high-intensity, low impact, total body workout. This class will also incorporate function strength movements utilizing Slam Balls, Kettlebells, and more! Prepare to improve your cardio and gain strength with the perfect rowing solution!

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.

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 Beatz

Yoga Beatz is a high energy vinyasa flow paired with high energy music, with some Barre and Pilates inspired movements. This class is a yoga party on your mat! Each class weaves into the music into the flow, beautifully winding down into slower restorative postures and guided meditation. The music will range from Hip Hop, Pop, Remixes and more! A party and restoration in the same class? It can be done! This class may have hands-on assists with appropriate consent.

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!