

# ALTERNATE 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
			<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>Yin &amp; Yang Yoga</b> 9:15 am - 10:30 am Jill   T-Club
<b>Functional Fitness (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>Fitness Yoga (FREE)</b> 12:00 pm - 1:00 pm Jill   T-Club	<b>Bootcamp (FREE)</b> 12:00 pm - 1:00 pm Thomas   Wang Studio	<b>Functional Fitness (FREE)</b> 12:00 pm - 1:00 pm Teri   T-Club		
				<b>Unwind Yoga</b> 12:15 pm - 1:15 pm Anna   Wang Studio		
		<b>Stability/Core Strength</b> 4:30 pm - 5:30 pm Fen   Wang Studio				
				<b>Bootcamp</b> 5:00 pm - 6:00 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>Pilates</b> 5:45 pm - 6:45 pm Maite   Wang Studio		<b>Functional Strength</b> 6:00 pm - 7:00 pm Marie   Wang Studio			
	<b>Kickboxing</b> 6:45 pm - 7:45 pm Chelsea   Wang Studio		<b>Kickboxing</b> 7:00 pm - 8:00 pm Melissa   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
<b>1 Month Pass:</b> \$30 <b>Winter &amp; Spring Seasonal Pass:</b> \$150 <b>12 Month Pass**:</b> \$325 (save \$3/month) Must purchase passes in person w/ proper MIT I.D.	<b>1 Month Pass:</b> \$45 <b>Winter &amp; Spring Seasonal Pass:</b> \$225 <b>12 Month Pass**:</b> \$490 (save \$4/month) Purchase passes in person or online. Monthly auto-purchase available (email <a href="mailto:groupex@mit.edu">groupex@mit.edu</a> ).	<b>January 2 - May 31</b> <b>Alternate Schedule:</b> January 2 - 6, March 25 - 31, May 20 - 31 <b>Demo Week:</b> 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.