

IAP & Spring GROUP EXERCISE Schedule



Alumni/Wang Fitness Center

	Monday	Tuesday	Wednesday	Thursday	Friday
12noon-1:00p	Vinyasa Yoga 12:15-1:15 <i>Checka</i>	**Cardio Combo <i>Sarah</i>	Vinyasa Yoga 12:15-1:15 <i>Checka</i>	**Cardio Combo <i>Sarah</i>	Stretch and Feel Better 12-12:45 <i>Adowa</i>
4:00-5:00p	Power Yoga <i>Whitney</i>	Pilates with Props <i>Fern</i>	Guts Butts and Thighs 4:15- 5:00 <i>Sage</i>	Pilates with Props <i>Fern</i>	
5:00-6:00p	Cycle Option 30 or 60 <i>Bruce</i>	Zumba <i>Nancy</i>	Strictly Strength <i>Liz</i>	Cardio Jump Rope 5:00- 5:30 <i>Fen</i>	Power Yoga <i>Patricja</i>
6:00-7:00p	Advanced Step <i>Nancy</i>	Kickboxing <i>Liz</i>	Step <i>Kate</i>	Stability/Core Conditioning 5:30- 6:30 <i>Lauren H.</i>	Step N' Sculpt <i>Lauren H/ Liz</i>
7:00-7:30p		Rock Hard Abs <i>Liz</i>	Power Cycle 6:30- 7:30 <i>Beth</i>	Zumba 6:30- 7:30 <i>Lauren S.</i>	

Did you hear about the MIT STUDENT DISCOUNT?
IAP- \$25
Quarter 3- \$50
Quarter 4- \$50
Quarter 3 and 4- \$95
 (You can earn PE Points too!)

DATES:
IAP- Jan. 4- Jan. 30
FREE WEEK- Feb. 1- Feb. 6
Quarter 3- Feb. 8- March 20
Quarter 4- March 29- May 8
 No Classes on 1/18, 2/15, 2/16 and Spring Break (3/22-3/27)



Zesiger Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7:00-8:00a	Interval Shallow Water 7- 7:45 Z Pool <i>Susie</i>	Pilates T-Club <i>Anna</i>	Power Cycle 45 MAC Court 6:30 – 7:15 <i>Dominika</i>	Interval Shallow Water 7-7:45 Z Pool <i>Susie</i>	Pilates T-club <i>Anna</i>	Power Cycle 45 MAC Court 6:30 – 7:15 <i>Dominika</i>	Beginner Yoga 8:00- 9:00 <i>Anna</i>	Shallow Water Power Hour 9:00-10:00 <i>Susie</i>
10:00a-11:00a							Power Yoga T-Club <i>Frederique</i>	
12noon-1:00p	**Body Sculpt T-Club <i>Elena</i>	Pool Tools Z Pool <i>Jim</i>	**Cardio Combo T-Club <i>Elena</i>	Pool Tools Z Pool <i>Jim</i>	**Body Sculpt T-Club <i>TBA</i>	Kickboxing 11:00- 12:00 <i>Elena</i>		

Passes:
IAP Pass- \$55
Quarter 1 Pass- \$75
Quarter 2 Pass- \$75
Quarter 1 & 2 - \$135
 (*Students- see Student Discount above)
Buy a pass... go to any class!
Trial Class:
Try any class for \$10
 (If you decide to purchase an unlimited pass, you'll get the \$10 back!)

****Free Noon Drop-In**
 Highlighted classes are free for students and members, non-members must purchase a day pass.

Visit mitrecsports.com for more MIT Recreation offerings. Got a question? Email fitness@mit.edu

Join the MIT Group Ex. Listserv by emailing dapergroupex-request@mit.edu type "subscribe" in the subject line.