

# Summer Group Exercise Schedule

## Alumni/Wang Fitness Center

### Summer

#### Dates:

Session 1-  
May 24- July 2

Session 2-  
July 12- Aug 21

	Monday	Tuesday	Wednesday	Thursday	Friday	
12:00-1:00p	Vinyasa Yoga Checka	** Cardio Combo David	Vinyasa Yoga Checka	** Cardio Combo David	Vinyasa Yoga Checka	
4:00-5:00p	Power Yoga Whitney	Pilates with Props Fern	Guts Butts and Thighs 4:15- 5:00 Sage	Pilates with Props Fern		
5:00-6:00p	Cycle Option 30 or 60 5:15- 6:15 Bruce	Zumba Nancy	Strictly Strength Fen	Yoga for Strength Fern	Cardio Jump Rope 5:00- 5:30 Fen	Power Yoga Patricja
6:00-7:00p	Advanced Step Nancy	Kickboxing Fen	Step Kate	Stability/Core Conditioning 5:30- 6:30 Fen	Step Lauren H/ Liz	
7:00-7:30p		Rock Hard Abs Fen	Power Cycle 6:30- 7:30 Beth	Zumba 6:30- 7:30 David		



### Purchase Options

#### Unlimited Non-Student

Session 1 Pass- \$75  
Session 2 Pass- \$75  
Both Sessions - \$135

#### Unlimited Student

Session 1 Pass- \$50  
Session 2 Pass- \$50  
Both Sessions - \$95

#### Trial Class

Try any class for \$10  
(If you decide to purchase an unlimited pass, you'll get the \$10 back!)

## Zesiger Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7:00-8:00a	Interval Shallow Water 7- 7:45 Z Pool Susie	Pilates T-Club Anna	Power Cycle 6:30- 7:30 MAC Court Bruce	Interval Shallow Water 7-7:45 Z Pool Susie	Pilates T-Club Anna	Power Cycle 6:30- 7:30 MAC Court Bruce	20/20/20 6:50- 8:00 MAC Jim	Shallow Water Power Hour 9:15-10:15 Susie
8:00-9:00a		CardioCore 7:45- 8:30 T-Club Stephanie			Beginner Yoga T-Club Anna			
12:00-1:00p	** Body Sculpt T-Club Lauren H.	Pool Tools Z Pool Jim	** Cardio Combo T-club TBA	Pool Tools Z Pool Jim	** Body Sculpt T-Club Beth	Kickboxing 11:00- 12:00 David		



### \*\*Free Noon Drop-in Classes

Highlighted classes are free for students and members, non-members must purchase a day pass.

Visit [mitrecsports.com](http://mitrecsports.com) for more MIT Recreation offerings. Got a question? Email [fitness@mit.edu](mailto:fitness@mit.edu)  
Join the MIT Group Ex. Listserv by emailing [dapergroupex-request@mit.edu](mailto:dapergroupex-request@mit.edu)- type "subscribe" in the subject line.

