

# GROUP EXERCISE FALL SCHEDULE

| LOCATIONS                                       | ZESIGER CENTER<br>120 Vassar St. Cambridge, MA    | ALUMNI WANG CENTER<br>6 Vassar St. Cambridge, MA |                                                   | OTHER                                                              |                                                                                                                                    |
|-------------------------------------------------|---------------------------------------------------|--------------------------------------------------|---------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                 | T-CLUB                                            | SPIN<br>STUDIO                                   | WANG<br>STUDIO                                    | SAILING<br>PAVILION                                                | VIRTUAL                                                                                                                            |
| Monday                                          | Tuesday                                           | Wednesday                                        | Thursday                                          | Friday                                                             | Saturday                                                                                                                           |
|                                                 |                                                   |                                                  |                                                   | Alignment Flow Yoga<br>6:30 - 7:30am<br>KELLY                      |                                                                                                                                    |
| Mat Pilates<br>7:00 - 8:00am<br>ANNA G.         | Sailing Pavilion Yoga<br>7:00 - 8:00am<br>ANNA G. | Sailing Pavilion Pilates<br>7:00 - 8:00am<br>AMY | Sailing Pavilion Yoga<br>7:00 - 8:00am<br>ANNA G. | Virtual Mat Pilates<br>7:00 - 7:30am<br>Yoga 7:30 - 8am<br>ANNA G. |                                                                                                                                    |
|                                                 | Spin & Sculpt<br>7:45 - 8:45am<br>ANGIE           | Vinyasa Yoga<br>7:45 - 8:45am<br>THOMAS          | Spin & Sculpt<br>7:45 - 8:45am<br>ANGIE           | Strictly Strength<br>7:45 - 8:45am<br>EMILY W.                     |                                                                                                                                    |
|                                                 |                                                   |                                                  |                                                   |                                                                    | Strictly Strength<br>10:30 - 11:30am<br>KIRAN                                                                                      |
| BollyX<br>12:00 - 1:00pm<br>AMY                 | Vinyasa Yoga<br>12:00 - 1:00pm<br>MAITE           | Strictly Strength<br>12:00 - 1:00pm<br>MOE       | Barre<br>12:00 - 1:00pm<br>MAITE                  | Zumba<br>12:00 - 1:00pm<br>DARSHIKA                                |                                                                                                                                    |
|                                                 |                                                   |                                                  | Unwind Yoga<br>1:00 - 2:00pm<br>MAITE             |                                                                    | Vinyasa Yoga<br>1:00 - 2:00pm<br>LEINA                                                                                             |
|                                                 | Mat Pilates<br>3:00 - 4:00pm<br>MAITE             |                                                  |                                                   |                                                                    |                                                                                                                                    |
| Alignment Flow Yoga<br>4:00 - 5:00pm<br>ANNA G. | Barre<br>4:00 - 5:00pm<br>MAITE                   | Mat Pilates<br>4:00 - 4:45pm<br>ANNA G.          |                                                   | Mat Pilates<br>3:30 - 4:30pm<br>AMY                                | *All classes are free for<br>Students & Members.<br>Non-members should<br>purchase a temporary<br>pass & pay drop in<br>class fee. |
| Roll + Restore<br>5:00 - 6:00pm<br>ANNA G.      | Cardio Kickboxing<br>5:00 - 5:45pm<br>ELENA       | Unwind Yoga<br>4:45 - 5:45pm<br>ANNA G.          | Vinyasa Yoga<br>4:30 - 5:30pm<br>APRIL            | HIIT<br>4:30 - 5:30pm<br>LIZ                                       |                                                                                                                                    |
| Cycle<br>5:15 - 6:00pm<br>EMILY W.              |                                                   |                                                  | Cycle<br>5:15 - 6:00pm<br>STAFF                   | Zumba<br>5:30 - 6:30pm<br>CESAR                                    |                                                                                                                                    |
| Zumba<br>6:00 - 7:00pm<br>CESAR                 | Strictly Strength<br>5:45 - 6:45pm<br>ELENA       | Cardio Kickboxing<br>5:45 - 6:30pm<br>LEO        | Barre<br>5:45 - 6:45pm<br>JESSICA                 |                                                                    |                                                                                                                                    |
| Bootcamp<br>7:00 - 8:00pm<br>JOANNA             | Cardio Dance<br>6:45 - 7:45pm<br>ANNA S.          | Zumba<br>6:30 - 7:30pm<br>LEO                    | HIIT<br>6:45 - 7:30pm<br>JESSICA                  | Vinyasa Yoga<br>6:30 - 7:30pm<br>APRIL                             |                                               |
|                                                 | Vinyasa Yoga<br>7:45 - 8:45pm<br>NAOMI            | Vinyasa Yoga<br>7:45 - 8:45pm<br>LEINA           |                                                   |                                                                    |                                                                                                                                    |

Please scan the QR code to view the live schedule with exact class times, locations, instructors descriptions, and pricing. Updated 10/2/26.