

Group Exercise FAQs

How do I register for classes?

The registration process remains the same! Login to your member account through the MIT Rec app or website and enroll in classes for no charge. If you are using a guest account, you'll be prompted to pay for your reservation.

Does this change include Swim Lessons and Aquatics classes?

This change is specifically for Group Exercise Classes such as Yoga, Cycling, Pilates, and Strength Training. It does not apply to Aquatics programming. Check out our group exercise page: <https://www.mitrecsports.com/work-out/group-exercise-2/>

Now that classes are free, will the capacity increase? I don't want to be left out!

The class capacities will remain the same as this is relative to the sizes of the respective studios. The good news for MIT Rec members is that you will still be able to sign up for classes up to 6 days in advance. We expect and hope that average class participation will substantially increase, but you should still have every opportunity to join your favorite classes by staying connected through the MIT Rec app and website.

I'm a MIT student! What is the cost for me to become a member and participate in Group Exercise classes?

If you are a full-time MIT student and have paid the MIT Student Life Fee, you are automatically eligible for a gym membership. With that, you will also now have all Group Exercise classes included in your membership for no additional charge!

I'm a cross-registered/non-resident MIT student. How can I participate in Group Exercise classes?

Cross-registered and non-resident student are eligible to become MIT Recreation members as long as they are currently enrolled in classes. A non-resident student membership costs \$25 per month for an individual and \$36 for a family membership. As a MIT Recreation member, all GEX classes are included and open for registration six days in advance!

I'm not currently a member. Can I still participate in Group Exercise classes?

Yes! Please review our temporary pass rates here, and the Group Exercise rates below.

<https://www.mitrecsports.com/join/day-and-temporary-passes/>

Temporary Pass Type	Group Exercise Class Price	Class Registration Window
Guest Pass (one day)	\$9/class	Available the day you purchase a guest pass
Week Pass	\$9/class	Available starting the day you purchase a guest pass, then opens 6 days before each class start time
Month Pass	\$9/class	Available starting the day you purchase a guest pass, then opens 6 days before each class start time
Summer Pass	Included	Available starting the day you purchase a guest pass, then opens 6 days before each class start time

Are there any other changes I should be aware of?

Yes! We have updated our Late Cancellation and No Show fees. Please review all policies and fees on this page. (link: <https://www.mitrecsports.com/learn/policies/#group-exercise>) Additional FAQs can be found here. (link FAQ page: <https://www.mitrecsports.com/learn/faqs/#group-exercise>)

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