

GROUP EXERCISE SUMMER SCHEDULE

LOCATIONS	ZESIGER CENTER		ALUMNI WANG CENTER		OTHER	
	120 Vassar St. Cambridge, MA		6 Vassar St. Cambridge, MA			
	T-CLUB	SPIN STUDIO	WANG STUDIO	SAILING PAVILION	VIRTUAL	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sailing Pavilion Pilates 7:00 - 8:00am ANNA	Sailing Pavilion Yoga 7:00 - 8:00am ANNA	Sailing Pavilion Pilates 7:00 - 8:00am AMY	Sailing Pavilion Yoga 7:00 - 8:00am ANNA	Virtual Mat Pilates 7:00-7:30am Yoga 7:30-8am ANNA		
		Vinyasa Flow Yoga 7:30 - 8:30am AYANNAH	Bootcamp 7:00 - 8:00am BLAKE	Vinyasa Flow Yoga 7:30 - 8:30am AYANNAH		
Bootcamp 7:45 - 8:45am MOE	Spin & Sculpt 7:45 - 8:45am ANGIE		Spin & Sculpt 7:45 - 8:45am ANGIE			
					Bootcamp 9:30 - 10:30am JOANNA	
	Free Virtual Zumba 12:00 - 1:00pm SANDRA		Free Express Cycle 12:15 - 12:45pm EMILY		Free Vinyasa Yoga* 10:45 - 11:45am LEINA	
Free Dance Fitness* 12:00 - 1:00pm JINNY	Free Barre* 12:00 - 12:45pm EMILY	Free Strictly Strength* 12:00 - 1:00pm MOE	Free Mat Pilates* 12:00 - 1:00pm MAITE	Free Zumba* 12:00 - 1:00pm DARSHIKA		
					*Free for Students & Members, Non- members pay \$15 day pass fee	
Vinyasa Yoga 4:00 - 5:00pm ANNA	Vinyasa Yoga 4:00 - 5:00pm SAMMIE	Mat Pilates 4:00 - 4:45pm ANNA		Strictly Strength 4:00 - 5:00pm CHARLIE		
Unwind Yoga 5:00 - 6:00pm ANNA	Strictly Strength 5:00 - 6:00pm ELENA	Roll + Restore 4:45pm - 5:45pm ANNA	Vinyasa Yoga 4:45 - 5:45pm THOMAS			
Cycle 5:30 - 6:15pm CHARLIE/EMILY			Cycle 5:00 - 5:45pm DANIEL			
Zumba 6:00 - 7:00pm CESAR	Cycle 6:00 - 6:45pm AMANDA	Cardio Kickboxing 5:45 - 6:45pm LEO	Barre 5:45 - 6:45pm JESSICA	Zumba 6:00 - 7:00pm CESAR		
Virtual Barre 6:00 - 6:45pm WENDY	BollyX 6:15 - 7:15 pm AMY	CIRCL Mobility 6:45 - 7:30pm LEO	HIIT 6:45 - 7:30pm JESSICA			
Virtual Stretch & Re-set 7:00 - 7:45pm WENDY	Unwind Yoga 7:15 - 8:15pm AYANNAH	Vinyasa Yoga 7:30 - 8:30pm LEINA				



Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 5/20/25.