



EFFECTIVE 07/01/2024

PROGRAM PRICE LIST 2024 - 2025

SUBJECT TO CHANGE WITHOUT NOTICE

SWIMMING

Adult & Youth Private Lessons

| 30 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 Session | \$46 | \$62 |
| 5 Sessions | \$215 | \$275 |
| 10 Sessions | \$410 | \$530 |
| 45 minutes | Member | Non-Member |
| 1 Session | \$60 | \$80 |
| 5 Sessions | \$282 | \$372.40 |
| 10 Sessions | \$540 | \$700 |
| 60 minutes | Member | Non-Member |
| 1 Session | \$75 | \$98 |
| 5 Sessions | \$350 | \$450 |
| 10 Sessions | \$670 | \$870 |

Adult & Youth Buddy Lessons

| 30 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 Session | \$45 | \$48 |
| 5 Sessions | \$205 | \$220 |
| 10 Sessions | \$390 | \$420 |
| 60 minutes | Member | Non-Member |
| 1 Session | \$73 | \$76 |
| 5 Sessions | \$335 | \$350 |
| 10 Sessions | \$640 | \$670 |

SQUASH

Adult Private Lessons

| 60 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 session | \$80 | \$90 |
| 5 Sessions | \$380 | \$428 |
| 10 Sessions | \$725 | \$810 |

Adult Buddy Lessons

| 60 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 Session | \$45 | \$55 |
| 5 Sessions | \$214 | \$261 |
| 10 Sessions | \$405 | \$495 |

TENNIS

Adult and Youth (6+) Lessons

| Price | Contact |
|-----------|-------------------------------------|
| 1 Session | \$60 - \$85 mitrectennis@mit.edu |

Indoor Tennis Drop-In Rates

| 60 minutes | Member(DAPER) | Non-Member |
|---------------------|---------------|------------|
| Prime-Time | \$47 | \$53 |
| Non-Prime-Time | \$31 | \$36 |
| Indoor Tennis Times | M-F | Sat/Sun |
| Prime-Time | 7p - 10p | 8a - 2p |
| Non-Prime-Time | 7a - 2p | - |

PERSONAL TRAINING

Teen Equipment Orientation (ages 13 - 17)

| 45 minutes | Member |
|------------|--------|
| 3 Sessions | \$195 |

Adult and Youth Private Training

| 45 minutes | Member | Non-Member |
|-------------|---------|------------|
| 1 Session | \$58 | \$73 |
| 5 Sessions | \$276 | \$351 |
| 10 Sessions | \$527 | \$677 |
| 25 Sessions | \$1,260 | \$1635 |
| 60 minutes | Member | Non-Member |
| 1 Session | \$65 | \$80 |
| 5 Sessions | \$309 | \$384 |
| 10 Sessions | \$590 | \$740 |
| 25 Sessions | \$1,413 | \$1788 |

Adult and Youth Buddy Training

| 45 minutes | Member |
|-------------|---------|
| 1 Session | \$45 |
| 5 Sessions | \$215 |
| 10 Sessions | \$410 |
| 25 Sessions | \$980 |
| 60 minutes | Member |
| 1 Session | \$55 |
| 5 Sessions | \$260 |
| 10 Sessions | \$410 |
| 25 Sessions | \$1,195 |

GOLF

Adult and Youth Private Lessons

| 60 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 Session | \$95 | \$103 |
| 5 Sessions | \$437 | \$484 |
| 10 Sessions | \$806 | \$905 |

Adult and Youth Buddy Lessons

| 60 minutes | Member | Non-Member |
|-------------|--------|------------|
| 1 Session | \$57 | \$62 |
| 5 Sessions | \$250 | \$276 |
| 10 Sessions | \$453 | \$500 |

Indoor Golf Simulator Reservations (1-2 Participants)

| 60 minutes | Member | Non-Member |
|------------|--------|------------|
| 1 Session | \$45 | \$53 |



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ASSESSMENTS

| | | |
|------------------------|--------|------------|
| Inbody only | Member | Non-Member |
| | \$25 | \$33 |
| Health Assessment | Member | Non-Member |
| | \$80 | \$96 |
| Fitness Assessment | Member | Non-Member |
| | \$95 | \$111 |
| Performance Assessment | Member | Non-Member |
| | \$110 | \$126 |

MASSAGE

Private Massage

| | |
|------------|--------|
| 30 minutes | Member |
| 1 Session | \$55 |
| 60 minutes | Member |
| 1 Session | \$99 |
| 90 minutes | Member |
| 1 Session | \$150 |

WELLNESS YOUR WAY

Group Exercise (30 participant max)

| | |
|------------|------------------|
| 60 minutes | Total Class Cost |
| Per Class | \$95 |

Small Group Personal Training (6-8 participants)

| | |
|-------------|-------|
| 30 minutes | Price |
| Per Session | \$75 |

Large Group Personal Training (30 participant max)

| | |
|-------------|-------|
| 30 minutes | Price |
| Per Session | \$75 |

Chair Massage (5-15 minutes/person, 2 hour minimum)

| | |
|---------------------|-------|
| 2 hours | Price |
| 1 Massage Therapist | \$95 |

Nutrition Coaching (100 participant max)

| | |
|-----------------|-------|
| 60 minutes | Price |
| For Performance | \$95 |
| For Energy | \$95 |

How to Create a Workout (100 participant max)

| | |
|------------|-------|
| 60 minutes | Price |
| | \$95 |

American Red Cross Skills

Pricing based on certification preference and class size

NUTRITION

| | | |
|-------------------------|--------|------------|
| Nutrition Coach Intro | Member | Non-Member |
| Mandatory First Session | \$80 | \$88 |
| Follow-up for Success | Member | Non-Member |
| 1 Session | \$70 | \$78 |
| Short-term Preparation | Member | Non-Member |
| 5 Sessions | \$315 | \$351 |
| Season-long Support | Member | Non-Member |
| 10 Sessions | \$595 | \$663 |

GROUP EXERCISE

Drop-in Classes

| | | |
|---------|--------|-------------------------------------|
| 1 Class | Member | Non-Member (includes guest pass) |
| | \$10 | \$25 |

Group Ex Pass

| | | |
|---------|---------|--------------------|
| | Student | Non-Student Member |
| 1 Month | \$35 | \$50 |

Group Ex Member Packages

| | |
|---------|------|
| 4 pack | \$24 |
| 8 pack | \$42 |
| 12 pack | \$60 |

ICE SKATE

Adult Skate Rentals

| | | |
|------------------|-----|-----|
| Figure or Hockey | \$5 | \$7 |
|------------------|-----|-----|

Adult and Youth Private Lessons

| | | |
|------------|---------------|------------|
| 30 minutes | Member(DAPER) | Non-Member |
| 1 Session | \$42 | \$50 |
| 5 Sessions | \$185 | \$225 |

Adult and Youth Buddy Lessons

| | | |
|------------|---------------|------------|
| 30 minutes | Member(DAPER) | Non-Member |
| 1 Session | \$25 | \$33 |
| 5 Sessions | \$113 | \$153 |

PROGRAM DESIGN

Program Design

| | |
|-----------------------------|--------|
| Workout Program for 1 cycle | Member |
| | \$65 |

Season Package

| | |
|--------------------------------|--------|
| Full package of Program Design | Member |
| | \$180 |