



EFFECTIVE 07/01/2025

PROGRAM PRICE LIST 2025 - 2026

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	Non-Member
1 Session	\$45	\$60
5 Sessions	\$215	\$290
10 Sessions	\$410	\$560
25 Sessions	\$980	\$1355
60 minutes	Member	Non-Member
1 Session	\$55	\$70
5 Sessions	\$260	\$335
10 Sessions	\$410	\$650
25 Sessions	\$1,195	\$1570

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
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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