

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFORMATION
<p>1</p> <p>12:00-12:55 pm TAI CHI w/ PAM</p>	<p>2</p> <p>12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm HATHA YOGA w/ ASHA</p>	<p>3</p> <p>12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm STEP & STRENGTH w/ KIM</p>	<p>4</p> <p>12:00-12:55 pm HATHA YOGA w/ PAM</p> <p> 5:30-6:15 pm CARDIO CORE w/ MARK</p>	<p>REGISTER TO PARTICIPATE IN GROUP FITNESS VIA EMAIL TO TIFFANY AT TPROCTOR@MIT.EDU.</p> <p>TO MINIMIZE DISRUPTIONS, ACCOMMODATE SET UP TIME, AND RECEIVE WORKOUT INSTRUCTIONS, PLEASE ARRIVE 5 MINUTES PRIOR TO THE START OF CLASS.</p> <p>ZOOM TIPS</p> <ul style="list-style-type: none"> • CHOOSE A SPACE THAT IS FREE OF DISTRACTIONS AND OBSTACLES. • PLEASE ARRIVE EARLY. • USE THE CHAT BOX TO INFORM INSTRUCTOR OR INJURIES OR LIMITATIONS BEFORE CLASS STARTS. • SELECT "SPEAKER VIEW" FOR THE BEST VIEW OF THE INSTRUCTOR. • CAMERA ON OR OFF? YOUR CHOICE! <p>CLASS KEY</p> <p>CLASSES IN THIS COLOR ARE OFFERED IN PERSON AND VIA ZOOM.</p> <p> SCHEDULE CHANGE</p> <p> SPACE IS LIMITED; RSVP VIA PICKTIME.</p>
<p>8</p> <p>12:00-12:55 pm TAI CHI w/ PAM</p>	<p>9</p> <p>12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm HATHA YOGA w/ ASHA</p>	<p>10</p> <p>12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm STEP & STRENGTH w/ KIM</p>	<p>11</p> <p>12:00-12:55 pm HATHA YOGA w/ PAM</p> <p> 5:30-6:15 pm CARDIO CORE w/ MARK</p>	
<p>15</p> <p>12:00-12:55 pm TAI CHI w/ PAM</p>	<p>16</p> <p>12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm HATHA YOGA w/ ASHA</p>	<p>17</p> <p>12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm STEP & STRENGTH w/ KIM</p>	<p>18</p> <p>12:00-12:55 pm HATHA YOGA w/ PAM</p> <p> NO 5:30 CLASS</p>	
<p>22</p> <p>12:00-12:55 pm TAI CHI w/ PAM</p>	<p>23</p> <p>12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm HATHA YOGA w/ ASHA</p>	<p>24</p> <p>12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm STEP & STRENGTH w/ KIM</p>	<p>25</p> <p>12:00-12:55 pm HATHA YOGA w/ PAM</p> <p> 5:30-6:15 pm CARDIO CORE w/ MARK</p>	
<p>29</p> <p>12:00-12:55 pm TAI CHI w/ PAM</p>	<p>30</p> <p>12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY</p> <p>5:30-6:30 pm HATHA YOGA w/ ASHA</p>			

CLASS DESCRIPTIONS

ALL FITNESS LEVELS ARE WELCOME.

CARDIO CORE: THIS ENERGIZING CLASS FUSES STRENGTH AND CARDIO INTO ONE EFFICIENT, FULL-BODY WORKOUT. KICK THINGS OFF WITH 20 MINUTES OF BODYWEIGHT AND CORE-FOCUSED STRENGTH WORK, THEN JUMP ON THE BIKE FOR 20 MINUTES OF HEART-POUNGING CYCLING. WRAP IT ALL UP WITH A 5-MINUTE STRETCH.

CARDIO STRENGTH: CARDIO THAT BUILDS MUSCLE, NOT BOREDOM. TRADITIONAL STRENGTH MOVES LIKE SQUATS, PUSH-UPS, PLANKS, AND LUNGES ARE PERFORMED IN A WAY THAT KEEPS YOUR HEART RATE ELEVATED. YOU GET THE CARDIO AND THE MUSCLE BURN FOR THE PRICE OF ONE.

HATHA YOGA: THIS STYLE OF YOGA DRAWS FROM ALL YOGA STYLES, COMBINING GENTLE STRETCHING, STRENGTHENING, AND RELAXATION POSES TO SUPPORT FLEXIBILITY, FOCUS, AND OVERALL MIND-BODY BALANCE.

STEP AND STRENGTH: THIS HIGH-ENERGY WORKOUT COMBINES HEART-POUNGING STEP CHOREOGRAPHY WITH A POWERFUL STRENGTH SEGMENT, GIVING YOU THE BEST OF BOTH WORLDS - CARDIO AND RESISTANCE IN ONE FUN, FULL-BODY SWEAT SESSION.

STRICTLY STRENGTH: THIS FULL-BODY STRENGTH WORKOUT IS DESIGNED TO BOOST MUSCULAR STRENGTH, ENDURANCE, AND POWER.

TAI CHI: THIS CLASS BLENDS WHOLE-BODY MOVEMENT, GENTLE FLOWING EXERCISES, FOCUSED ATTENTION, AND MINDFUL BREATHING TO ENHANCE BOTH PHYSICAL AND MENTAL WELL-BEING. IT IS DESIGNED TO REDUCE STRESS, CULTIVATE MINDFULNESS, AND IMPROVE STRENGTH, BALANCE, AND OVERALL VITALITY.

