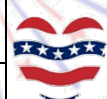


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFORMATION
		 NO CLASSES	 NO CLASSES	REGISTER TO PARTICIPATE IN GROUP FITNESS VIA EMAIL TO TIFFANY AT TPROCTOR@MIT.EDU. TO MINIMIZE DISRUPTIONS, ACCOMMODATE SET UP TIME, AND RECEIVE WORKOUT INSTRUCTIONS, PLEASE ARRIVE 5 MINUTES PRIOR TO THE START OF CLASS. <u>ZOOM TIPS</u> • CHOOSE A SPACE THAT IS FREE OF DISTRACTIONS AND OBSTACLES. • PLEASE ARRIVE EARLY. • USE THE CHAT BOX TO INFORM INSTRUCTOR OF INJURIES OR LIMITATIONS BEFORE CLASS STARTS. • SELECT "SPEAKER VIEW" FOR THE BEST VIEW OF THE INSTRUCTOR. • CAMERA ON OR OFF? YOUR CHOICE! <u>CLASS KEY</u> <u>CLASSES IN THIS COLOR ARE OFFERED IN PERSON AND VIA ZOOM.</u>  SCHEDULE CHANGE  SPACE IS LIMITED; RSVP VIA PICKTIME.
 NO 12:00 CLASS	12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 pm HATHA YOGA w/ ASHA	12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY 5:30-6:30 pm STEP & STRENGTH w/ KIM	12:00-12:55 pm HATHA YOGA w/ PAM  5:30-6:15 pm CARDIO CORE w/ MARK	
12:00-12:55 pm TAI CHI w/ PAM	12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 pm HATHA YOGA w/ ASHA	12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY  5:30 TBD	12:00-12:55 pm HATHA YOGA w/ PAM  5:30-6:15 pm CARDIO CORE w/ MARK	
12:00-12:55 pm TAI CHI w/ PAM	12:00-12:45 pm STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 pm HATHA YOGA w/ ASHA	12:00-12:45 pm CARDIO STRENGTH w/ TIFFANY 5:30-6:30 pm STEP & STRENGTH w/ KIM	12:00-12:55 pm HATHA YOGA w/ PAM  5:30-6:15 pm CARDIO CORE w/ MARK	
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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-POUNDING 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-POUNDING 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.