GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	INFORMATION
2 12:00-12:55 PM TAI CHI w/ PAM	**3** 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	**4** 12:00-12:45 PM CARDIO STRENGTH w/ TIFFANY 5:30-6:30 PM STEP & STRENGTH w/ KIM	**5** 12:00-12:55 PM HATHA YOGA w/ PAM NO 5:30 CLASS	**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. **ZOOM TIPS** • 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!
9 12:00-12:55 PM TAI CHI w/ PAM	**10** 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	**11** VETERANS DAY	**12** NO 12:00 CLASS 5:30-6:30 PM STEP & STRENGTH w/ EMILY **CLASS ON FRIDAY 11.13** 12:00-12:55 PM HATHA YOGA w/ PAM	
16 12:00-12:55 PM TAI CHI w/ PAM	**17** 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	**18** 12:00-12:45 PM CARDIO STRENGTH w/ TIFFANY 5:30-6:30 PM STEP & STRENGTH w/ KIM	**19** 12:00-12:55 PM HATHA YOGA w/ PAM 5:30-6:15 PM CARDIO CORE w/ MARK	**CLASS KEY** **CLASSES IN THIS COLOR ARE OFFERED IN PERSON AND VIA ZOOM.** SCHEDULE CHANGE SPACE IS LIMITED; RSVP VIA PICKTIME.
23 12:00-12:55 PM TAI CHI w/ PAM	**24** 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY 5:30-6:30 PM HATHA YOGA w/ ASHA	**25** 12:00-12:45 TBD NO 5:30 CLASS	**26** Happy ThaNksgiViNG	
30 12:00-12:45 PM STRICTLY STRENGTH w/ TIFFANY	NOVEMBER			

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.



LINCOLN LABORATORY
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