

Open Courses (as of close of registration)

Section	Title	Fee	Prerequisites	Meetings	Cap	Open spots
PE.0202-1	Swimming, Beginner		None	MW 11:00 AM Zesiger Teaching Pool	14	9
PE.0202-4	Swimming, Beginner		None	MW 1:00 PM Zesiger Teaching Pool	14	4
PE.0202-6	Swimming, Beginner		None	MW 2:15 PM Zesiger Teaching Pool	14	8
PE.0202-7	Swimming, Beginner		None	TR 1:00 PM Zesiger Teaching Pool	14	8
PE.0202-8	Swimming, Beginner		None	TR 2:15 PM Zesiger Teaching Pool	14	6
PE.0211-1	Beginner Swimming Single Gender Male		Male only	TR 10:30 AM Alumni Pool 25 yard	14	12
PE.0316-1	Hip Hop		None	TR 1:15 PM Du Pont T Club Lounge	24	4
PE.0402-1	Jogging/Running		None	MW 11:00 AM Johnson Indoor Track	20	11
PE.0411-3	Group Exercise - Yoga		None	MW 3:45 PM Du Pont T Club Lounge	25	20
PE.0411-4	Group Exercise - Yoga		None	MW 5:00 PM Du Pont T Club Lounge	25	4
PE.0414-1	Weight Training		Students must attend first 4 classes and bring handout printed from Stellar to class.	MW 1:00 PM Du Pont Varsity Weight Room	16	1
PE.0414-2	Weight Training		Students must attend first 4 classes and bring handout printed from Stellar to class.	TR 1:00 PM Du Pont Varsity Weight Room	16	2
PE.0423-1	Group Exercise - Pilates/Yoga (PiYo)		None	MW 2:30 PM Du Pont T Club Lounge	25	20
PE.0425-1	Group Exercise - Zumba		None	TR 5:00 PM Du Pont T Club Lounge	25	11
PE.0442-1	Intro to Boot Camp	10	None	MW 3:00 PM Johnson Infield & Track	20	14

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Section	Title	Fee	Prerequisites	Meetings	Cap	Open spots
PE.0444-1	Group Exercise- HIIT		None	MW 11:00 AM Zesiger MAC Court	25	13
PE.0445-1	Group Exercise- Hip Hop Dance		None	TR 3:45 PM Du Pont T Club Lounge	25	12
PE.0516-1	Cycling/Nutrition		None	TR 12:00 PM Wang Fitness, Spin Dome Area	12	5
PE.0517-1	Fitness/CPR/First Aid/Stress Management	50	None	TR 6:15 PM Du Pont Multi-Purpose Room	14	4
PE.0518-1	Fitness / Meditation		None	MW 5:00 PM Du Pont Multi-Purpose Room	18	9
PE.0613-2	Skate, Intermediate	10	Prior skate experience. Students must be able to skate forward, backward and stop.	MW 1:15 PM Johnson Ice Rink 2	20	13
PE.0613-3	Skate, Intermediate	10	Prior skate experience. Students must be able to skate forward, backward and stop.	TR 10:45 AM Johnson Ice Rink 2	20	13
PE.0620-1	Tennis	5	None	TR 1:00 PM Johnson Infield	16	5
PE.0620-2	Tennis	5	None	TR 2:15 PM Johnson Infield	16	5
PE.0701-1	Ice Hockey	10	This course requires a command of forward and backward skating as well as a strong consistent stop that can be learned in beginner skate or equivalent (email instructor using physicaleducationandwellness@mit.edu address).	TR 2:30 PM Johnson Ice Rink	30	16
PE.0703-1	Soccer, Indoor		None	MW 1:00 PM Zesiger MAC Court	18	12
PE.0804-1	Sport Taekwondo		None	MW 7:30 PM Du Pont Court 1	50	34