

Section	Title	Capacity	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0656-1	Air Pistol	14	MW	11:00 AM	Du Pont Pistol Range	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0656-2	Air Pistol	14	MW	1:00 PM	Du Pont Pistol Range	same as above	2	N	\$35.00
PE.0658-1	Air Rifle	14	TR	11:00 AM	Du Pont Pistol Range	same as above	2	N	\$35.00
PE.0658-2	Air Rifle	14	TR	1:00 PM	Du Pont Pistol Range	same as above	2	N	\$35.00
PE.0600-1	Archery	14	MW	1:00 PM	Rockwell Cage North	Students must attend first 3 classes.	2	N	\$15.00
PE.0600-2	Archery	14	MW	2:15 PM	Rockwell Cage North	same as above	2	N	\$15.00
PE.0600-3	Archery	14	TR	11:00 AM	Rockwell Cage North	same as above	2	N	\$15.00
PE.0600-4	Archery	14	TR	2:15 PM	Rockwell Cage North	same as above	2	N	\$15.00
PE.0911-1	Backpacking - Urban	12	F	3:00 PM	Off Campus	IAP Registration- 2 trips: Trip 1) 1/17-1/19: Pre-trip meeting 12/12; 5:15p-6:45p (Media Room-W35-199). Attend at least 1 fitness session before the trip 12/16, 1/8 at 5p. Forms due at Pre-trip meeting Must complete all forms provided by PE&W office to confirm registration by deadline. Check MIT email for forms after the close of registration.	4	N	\$125.00
PE.0911-2	Backpacking - Urban	12	F	3:00 PM	Off Campus	IAP Registration- 2 trips: Trip 2) 3/21-3/23: Pre-trip meeting 2/20 5:15p-6:45p (Media Room- W35-199). Attend at least 1 fitness session before the trip 2/26, 3/3 at 5p. Must complete all forms provided by PE&W office to confirm registration by 12/16. Check MIT email for forms after the close of registration.	4	N	\$125.00
PE.0900-1	Backpacking- White Mountains, NH	11	M	8:15 AM	Off Campus	IAP 2025 registration: 2/15-2/17 Time: leave campus Sat. by 8:15a; return to campus Mon. by 7p. Must attend pre-trip meeting on 1/13 at 5:15p-6:45p - Media room (W35-199) and at least 1 fitness class (1/22 or 1/29 @5p. Must complete all forms provided by PE&W office to confirm registration by 12/16. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration. Check SPAM folders if emails are being forwarded from an MIT email account.	4	N	\$325.00
PE.0715-1	Broomball	20	MW	2:30 PM	Johnson Ice Rink	None	2	N	\$15.00

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PE.0903-1	Climbing, Indoor	14	W	5:30 PM	Off Campus	IAP 2025: Jan. 8, 15, 22, 29. Time: 5:30p pick up -9:30p drop off. Students must attend first class. Must complete all forms by Mon, Dec.16 sent to the students MIT email by the close of registration. Check SPAM folders if emails are being forwarded from an MIT email account.	2	N	\$135.00
PE.0541-1	Fitness (Strength Circuit)/Financial Health	16	TR	4:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0517-1	Fitness (Yoga)/CPR/First Aid	12	TR	5:15 PM	Du Pont Multi-Purpose Room	IAP 2025: Students must complete the remote asynchronous CPR content and in-person CPR and FA exam sessions to become CPR/First Aid certified and students must be able to kneel and use 2 arms to give compressions. In person class starts 1/14.	2	N	\$60.00
PE.0518-1	Fitness (Yoga)/Meditation	16	MW	6:15 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0532-1	Fitness (Yoga)/Resiliency (remote synchronous)	16	MW	7:00 PM	Remote Synchronous	This remote synchronous course requires students to have the following: Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions	2	N	\$0.00
PE.0546-1	Fitness(Strength Circuit)/Stress Management	16	MW	5:00 PM	Du Pont Multi-Purpose Room	Sneakers/footwear, comfortable workout clothing and water bottle.	2	N	\$0.00
PE.0538-1	Fitness/Resiliency	16	MW	3:30 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.4100-1	Foundations of Physical Fitness (remote asynchronous)	20	TR	5:00 PM	Remote Asynchronous	IAP 2025. Completion of weekly asynchronous assignments and 2 30 minute synchronous meetings over Zoom- Wed 1/8 at 5p and Mon, 1/27 @5p. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions. sessions.	2	N	\$50.00
PE.0403-1	Group Exercise - Cardio Kickboxing	20	MW	6:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0407-1	Group Exercise - Cycling	14	TR	5:00 PM	Wang Spin Studio	None	2	N	\$0.00
PE.0405-1	Group Exercise - Pilates	20	TR	2:30 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0444-1	Group Exercise- HIIT	20	TR	6:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00

Section	Title	Capacity	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0411-1	Group Exercise- Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-2	Group Exercise- Yoga	20	TR	3:45 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0454-1	Group Exercise- Yoga, Intermediate	20	MW	5:00 PM	Du Pont T Club Lounge	Previous yoga experience.	2	N	\$0.00
PE.4300-1	Healthy Decisions: Wellness and Substance Use (remote async)	20	TR	5:45 PM	Remote Asynchronous	IAP 2025. Completion of weekly asynchronous assignments and 2 30 minute synchronous meetings over Zoom - Wed, 1/8 and 1/29 at 5:45p. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	2	N	\$50.00
PE.0316-1	Hip Hop	20	TR	7:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0701-1	Ice Hockey	20	TR	2:30 PM	Johnson Ice Rink	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 if you have questions related to your ability).	2	N	\$15.00
PE.0329-1	Improvisational Dance	20	TR	1:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0922-1	Parkour	16	TR	1:15 PM	Zesiger MAC Court	IAP 2025: TR 1/9, 1/14, 1/16, 1/21, 1/23, 1/28. Time: 1:15p-2:45p Registration is pending until all forms sent from PE&W office have been completed by 12/16. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration. Check SPAM folders if emails are being forwarded from an MIT email account.	2	N	\$80.00
PE.0646-1	Pickleball	16	MW	11:00 AM	Rockwell Cage South	None	2	N	\$10.00
PE.0646-2	Pickleball	16	MW	1:00 PM	Rockwell Cage South	None	2	N	\$10.00
PE.0201-1	SCUBA Diving	16	TR	6:45 PM	Other	IAP 2025: TR: 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28 Class time: 6:45p-10p (meet at Alumni Wang pool/Classroom 66-160 after). Must complete PE&W Swim/Boat GIR by 12/11 to participate along with passing SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Must complete all documentation forms from PE&W to confirm registration by 12/16. Attendance is required on the first and last day.	4	N	\$365.00
PE.0612-1	Skate	20	MW	1:15 PM	Johnson Ice Rink 1	None	2	N	\$15.00

Section	Title	Capacity	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0612-2	Skate	20	TR	10:45 AM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0612-3	Skate	20	TR	1:15 PM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0614-1	Skate, Figure Skating	20	MW	10:45 AM	Johnson Ice Rink	Prior skate experience. Students must have command of skating backward, forward and stopping.	2	N	\$15.00
PE.0613-1	Skate, Intermediate	15	MW	1:15 PM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$15.00
PE.0613-2	Skate, Intermediate	15	TR	10:45 AM	Johnson Ice Rink 2	same as above	2	N	\$15.00
PE.0613-3	Skate, Intermediate	15	TR	1:15 PM	Johnson Ice Rink 2	same as above	2	N	\$15.00
PE.0703-1	Soccer, Beginner	15	MW	1:00 PM	Zesiger MAC Court	None	2	N	\$0.00
PE.0716-1	Soccer, Intermediate	15	MW	2:15 PM	Zesiger MAC Court	Beginner Soccer or equivalent.	2	N	\$0.00
PE.0657-1	Spec Tennis	16	MW	2:15 PM	Rockwell Cage South	None	2	N	\$10.00
PE.0804-1	Sport Taekwondo	50	MW	7:30 PM	Du Pont Court 1	None	2	N	\$0.00
PE.0616-1	Squash	12	MW	1:00 PM	Zesiger Squash Courts	None	2	N	\$10.00
PE.0202-1	Swimming, Beginner	10	MW	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-2	Swimming, Beginner	10	MW	2:15 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-3	Swimming, Beginner	10	TR	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-4	Swimming, Beginner	10	TR	2:15 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0212-1	Swimming, Beginner- Single Gender Female	12	MW	10:45 AM	Alumni Pool 25 yard	This is a single gender female course only.	2	Y	\$15.00
PE.0211-1	Swimming, Beginner- Single Gender Male	10	TR	10:45 AM	Alumni Pool 25 yard	This is a single gender male course only.	2	Y	\$15.00
PE.0721-1	Tsegball	15	TR	3:30 PM	Zesiger MAC Court	None	2	N	\$10.00
PE.0705-1	Volleyball	20	TR	2:30 PM	Rockwell Cage South	None	2	N	\$0.00
PE.0414-1	Weight Training	16	MW	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 3 classes and bring handout printed from Canvas to class.	2	N	\$0.00
PE.0414-2	Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	same as above	2	N	\$0.00
PE.0414-3	Weight Training	16	MW	2:15 PM	Du Pont Varsity Weight Room	same as above	2	N	\$0.00
PE.0414-4	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	same as above	2	N	\$0.00
PE.0414-5	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	same as above	2	N	\$0.00
PE.0414-6	Weight Training	16	TR	2:15 PM	Du Pont Varsity Weight Room	same as above	2	N	\$0.00
PE.4200-1	Wellness Foundations (remote asynchronous)	20	TR	5:00 PM	Remote Asynchronous	IAP 2025. Completion of weekly asynchronous assignments and 2 30 minute synchronous meetings over Zoom- Wed, 1/8 and 1/29 @ 5p. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	2	N	\$50.00