

Section	Title	Capacity	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0800-1	Aikido	20	MW	1:00 PM	Du Pont Wrestling Room	None	2	N	\$0.00
PE.0656-1	Air Pistol	14	MW	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	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.0600-1	Archery	14	MW	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-2	Archery	14	MW	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-3	Archery	14	MW	3:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-4	Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-5	Archery	14	TR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0911-2	Backpacking - Urban	9	S	3:00 PM	Off Campus	Q4: Trip 2: 4/26-4/28: Must attend pre-trip meeting 3/21, 5:15p-6:45p (Zesiger Mosher Conference room- W35-299). Forms due by 3/18 and attend at least 1 fitness session before the trip.	4	N	\$115.00
PE.0911-1	Backpacking - Urban	9	U	3:00 PM	Off Campus	Q4: Trip 1: 4/5-4/7: Must attend pre-trip meeting 3/14 5:15p-6:45p (Zesiger Center Media Room- W35-199) Forms due at pre-trip meeting and attend at least 1 fitness session before the trip.	4	N	\$115.00
PE.0928-1	Backpacking- White Mountains, NH (Spring)	10	S	8:00 AM	Off Campus	Q4 Trip: Apr. 13-15 Time: leave campus Sat. by 8:15a; return to campus Mon. by 6p. Must attend pre-trip meeting and at least 1 fitness class prior to the trip. Pre-trip: Tue, 3/19 at 5:15p-6:45p Media room (W35-190). Must complete all forms provided by PE&W office to confirm registration by 3/18. 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	\$315.00
PE.0601-1	Badminton	16	MW	11:00 AM	Rockwell Cage South	None	2	N	\$5.00
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0918-1	Climbing, Indoor/Outdoor Top Rope	14	S	2:00 PM	Off Campus	Q4: 4/20, 4/27, 5/4, 5/11. The first 2 classes are mandatory. Class time: 2p-6p. Must complete all forms to confirm registration by 3/18. Forms will be sent from the PE&W office to 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	\$125.00
PE.0518-1	Fitness (Yoga)/ Meditation	16	MW	4:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0518-2	Fitness (Yoga)/ Meditation	16	TR	4:00 PM	Wellbeing Labe (W20, 3rd floor)	None	2	N	\$0.00
PE.0525-1	Fitness (Yoga)/Financial Health	16	TR	3:00 PM	Wellbeing Labe (W20, 3rd floor)	None	2	N	\$0.00
PE.0512-1	Fitness / Nutrition	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0538-1	Fitness/Resiliency	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.4100-1	Foundations of Physical Fitness (remote asynchronous)	17	TR	5:45 PM	Remote Asynchronous	Attendance required at 2 (30 minute) synchronous zoom meetings: Q4: Wed, 4/3 and Mon, 4/22 @5:45p ET and completion of weekly asynchronous assignments. 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	\$40.00
PE.0604-1	Golf	12	MW	11:00 AM	Briggs Field B, C, C/Rockwell Main	This course will be held outdoors with indoor rain back up. Meet in Zesiger Center lobby for 1st day of class.	2	N	\$10.00
PE.0604-2	Golf	12	TR	11:00 AM	Briggs Field B, C, C/Rockwell Main	same as above	2	N	\$10.00
PE.0405-1	Group Exercise - Pilates	20	TR	2:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0435-1	Group Exercise- Functional Fitness	20	MW	6:00 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
PE.0411-1	Group Exercise- Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-3	Group Exercise- Yoga	20	TR	3:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-4	Group Exercise- Yoga	20	TR	5:00 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)	17	TR	5:00 PM	Remote Asynchronous	Attendance required at 2 (30 minute) synchronous zoom meetings- Q4: Wed, 4/3 and Mon, 4/22 @ 5:15p ET and completion of weekly asynchronous assignments. 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	\$40.00
PE.0328-1	Jazz Funk	20	TR	1:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0402-1	Jogging/Running	16	MW	11:00 AM	Johnson Indoor Track/Steinbrenner field	This course is in-person and will be held outdoors with indoor rain back up.	2	N	\$0.00
PE.0806-1	Judo	16	TR	11:00 AM	Du Pont Wrestling Room	none	2	N	\$0.00
PE.0907-1	Kayak	12	T	3:30 PM	Off Campus	Q4: Apr. 30, May 7, 14, 16* (*weather back up) Students must attend ALL 3 classes to receive PE&W points. Successfully complete swim and boat test by 3/13. Students must complete all forms sent from PE&W office to the student MIT email to confirm online registration by 3/18. Check SPAM folders if emails are being forwarded from an MIT email account.	2	N	\$125.00
PE.0646-1	Pickleball	16	TR	1:00 PM	Rockwell Cage South	None	2	N	\$10.00
PE.0646-2	Pickleball	16	TR	2:00 PM	Rockwell Cage South	None	2	N	\$10.00
PE.0608-1	Pistol	14	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0608-2	Pistol	14	MW	2:00 PM	Du Pont Pistol Range	Same as above	2	N	\$35.00
PE.0626-1	Rifle	14	TR	1:00 PM	Du Pont Pistol Range	Same as above	2	N	\$35.00
PE.0626-2	Rifle	14	TR	2:00 PM	Du Pont Pistol Range	Same as above	2	N	\$35.00
PE.0904-1	Sailing	30	T	1:00 PM	Sailing Pavilion	Students must attend first 2 classes. 2023/24- Q4 classes Tue dates: Apr. 9, 23, 30, May 7, 14 (must attend all class dates to pass); Time: 1-2:30p. Must successfully complete swim and boat test by 3/13. Students must attend first 2 classes and complete 5 classes to pass the course.	2	N	\$0.00
PE.0904-2	Sailing	30	W	1:00 PM	Sailing Pavilion	Students must attend first 2 classes. 2023/24- Q4 classes Wed dates: Apr. 3, 10, 17, 24, May 1, 8; Time: 1-2:30p. Must successfully complete swim and boat test by 3/13. Students must attend first 2 classes and complete 5 classes to pass the course.	2	N	\$0.00
PE.0904-3	Sailing	30	R	1:00 PM	Sailing Pavilion	Students must attend first 2 classes. 2023/24- Q4 classes Thu dates: Apr. 4, 11, 18, May 2, 9 Time: 1-2:30p. Must successfully complete swim and boat test by 3/13. Students must attend first 2 classes and complete 5 classes to pass the course.	2	N	\$0.00
PE.0909-1	Sailing, Intermediate 420 Dinghy	30	T	11:00 AM	Sailing Pavilion	Q4: Must be available Tue , April 2, 9, 23, 30, May 7 from 11am-12:30pm. Prior sailing experience that includes passing the Learn To Sail" PE&W Sailing			
PE.0201-1	SCUBA Diving	10	MW	6:00 PM	Zesiger 50 M Pool East Side	Q4 2024: MW:4/3, 4/8, 4/10, 4/17, 4/22, 4/24, 4/29 (no class 4/15) at 6p-9:30p. Dupont Lobby Conference Rm/Zesiger Center Pool. Must complete PE&W Swim/Boat GIR by 3/13 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 3/18. Note: this course is not applicable to those who currently have a SCUBA certification. Students must attend class #1 and #7.	4	N	\$365.00
PE.0703-1	Soccer, Beginner	15	MW	1:00 PM	Roberts Field/MAC court	None	2	N	\$0.00
PE.0716-1	Soccer, Intermediate	15	MW	2:00 PM	Roberts Field/MAC court	Beginner Soccer or equivalent.	2	N	\$0.00
PE.0725-1	Spikeball	16	MW	11:00 AM	Zesiger MAC Court/Roberts Field	None	2	N	\$5.00
PE.0725-2	Spikeball	16	TR	1:00 PM	Zesiger MAC Court/Roberts Field	None	2	N	\$5.00
PE.0616-1	Squash	12	MW	1:00 PM	Zesiger Squash Courts	None	2	N	\$5.00

PE.0616-2	Squash	12	MW	2:00 PM	Zesiger Squash Courts	None	2	N	\$5.00
PE.0616-3	Squash	12	TR	1:00 PM	Zesiger Squash Courts	None	2	N	\$5.00
PE.0617-1	Squash, Intermediate	12	TR	2:00 PM	Zesiger Squash Courts	Completion of Beginner Squash class or had experience in high school or club. Please email instructor at tlincou@mit.edu if you are not sure regarding your ability or if you have any questions	2	N	\$5.00
PE.0202-1	Swimming, Beginner	8	MW	11:00 AM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-2	Swimming, Beginner	8	MW	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-3	Swimming, Beginner	8	MW	2:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-4	Swimming, Beginner	8	TR	11:00 AM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-5	Swimming, Beginner	8	TR	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0202-6	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0203-1	Swimming, Intermediate	12	MW	1:15 PM	Zesiger 50 M Pool East Side	Beginner swimming or equivalent.	2	Y	\$15.00
PE.0620-1	Tennis	16	TR	11:00 AM	Outdoor Courts 1-4, Johnson Infield	None	2	N	\$10.00
PE.0620-2	Tennis	16	TR	1:00 PM	Outdoor Courts 1-4, Johnson Infield	None	2	N	\$10.00
PE.0721-1	Tsegball	15	TR	4:00 PM	Zesiger MAC Court	None	2	N	\$5.00
PE.4200-1	Wellness Foundations (remote asynchronous)	17	TR	5:00 PM	Remote Asynchronous	Attendance required at 2 (30 minute) synchronous zoom meetings: Q4 2024:Synchronous meetings: Wed, 4/3 and 5/1 @ 5p(ET) and completion of weekly asynchronous assignments. 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	\$40.00
PE.0632-1	Wrestling	18	MW	4:15 PM	Du Pont Wrestling Room	None	2	N	\$0.00
PE.0456-1	Yoga- PEandW	18	MW	7:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0452-1	Yoga- PEandW (Remote)	15	TR	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