# Quarter 1 Remote Make-up Options

**Mode of activity** | **Day/Date** | **Time** | **Registration link**
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1. Remote Synchronous workout via Zoom (Circuit) | Fri, Oct. 13 | 2p-3p | [https://forms.gle/UWn2vJaNKCI9NpEQ9](https://forms.gle/UWn2vJaNKCI9NpEQ9)
2. Remote Synchronous workout via Zoom (Circuit) | Fri, Oct. 13 | 4p-5p | [https://forms.gle/g3Qddt2sN1bkxN779](https://forms.gle/g3Qddt2sN1bkxN779)
3. Remote Synchronous workout via Zoom (Circuit) | Mon, Oct. 16 | 7p-8p | [https://forms.gle/ebWG9BzTNSr7hQ9p9](https://forms.gle/ebWG9BzTNSr7hQ9p9)
4. Remote Synchronous workout via Zoom (Yoga) | Thurs, Oct. 19 | 7p-8p | [https://forms.gle/3EJ9x5LYFw5canG77](https://forms.gle/3EJ9x5LYFw5canG77)

### Remote Make-Up Process

- Students will view Option #3 listed under “make-up options” under the "My GIR" tab on the PE&W website.
- **Students must register for a specific day and time using the registration link at least 24 hours in advance.** Each make-up class (day/time) has a separate link.
- Students will receive Zoom link 24 hours before the make-up class date. **Students who register less than 24 hours before class, will not be eligible to participate.**
- "Walk ins" are not available for remote make ups options
- Students will be required to show make-up instructor their MIT ID via Zoom or in-person.
- Upon completion of the make-up class, the make-up instructor will send a confirmation to the student’s current instructor if they were present or not present.
- Students should check their Canvas attendance to confirm their attendance was updated.
- If space is not available or it is past the day/time, the student will need to make another choice and repeat the process.

*ALL MAKE-UPS MUST BE COMPLETED WITHIN THE SAME QUARTER.*