

	Mode of activity	Day/Date	Time	Registration link
1	Remote Synchronous workout via Zoom (Yoga)	Tues., Nov 18	7-8p	https://forms.gle/adimpk4d7S8X1NqM8
2	Remote Synchronous workout via Zoom (Circuit)	Mon., Nov 24	7-8p	https://forms.gle/WTeK8eVyEreiE3AWA
3	Remote Synchronous workout via Zoom (Yoga)	Tues., Dec 2	7-8p	https://forms.gle/GWT7vVPV25sisZmb9
4	Remote Synchronous workout via Zoom (Circuit)	Fri., Dec 5	7-8p	https://forms.gle/PdV8bjQyfEddn98k9

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.