

| Section | Title | cap | Day | Time | Location | Prerequisites | GIR Points | Swim GIR | Fee Amount |
|-----------|---|-----|-----|----------|----------------------------|--|------------|----------|------------|
| PE.0800-1 | Aikido | 20 | TR | 1:00 PM | Du Pont Wrestling Room | None | 2 | N | \$0.00 |
| PE.0600-5 | Archery | 14 | MW | 1:00 PM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-6 | Archery | 14 | MW | 2:00 PM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-1 | Archery | 14 | TR | 10:00 AM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-2 | Archery | 14 | TR | 11:00 AM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-3 | Archery | 14 | TR | 1:00 PM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-4 | Archery | 14 | TR | 2:00 PM | Rockwell Cage North | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0601-1 | Badminton | 16 | TR | 1:00 PM | Rockwell Cage South | None | 2 | N | \$10.00 |
| PE.0601-2 | Badminton | 16 | TR | 2:00 PM | Rockwell Cage South | None | 2 | N | \$10.00 |
| PE.0300-1 | Ballroom | 20 | TR | 7:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |
| PE.0603-1 | Fencing, Sabre | 16 | TR | 3:00 PM | Du Pont Fencing Room | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0518-1 | Fitness (Yoga)/Meditation | 16 | TR | 6:00 PM | Du Pont Multi-Purpose Room | None | 2 | N | \$0.00 |
| PE.0544-1 | Fitness(Strength Circuit)/Nutrition | 16 | MW | 5:00 PM | Du Pont Multi-Purpose Room | None | 2 | N | \$0.00 |
| PE.0546-1 | Fitness(Strength Circuit)/Stress Management | 16 | MW | 6:00 PM | Du Pont Multi-Purpose Room | None | 2 | N | \$0.00 |
| PE.0529-1 | Fitness(Yoga)/Meditation (remote synchronous) | 15 | MW | 7:00 PM | Remote Synchronous | This remote synchronous course requires 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.0538-1 | Fitness/Resiliency | 16 | MW | 3:00 PM | Du Pont Multi-Purpose Room | None | 2 | N | \$0.00 |
| PE.4100-1 | Foundations of Physical Fitness (remote asynchronous) | 15 | TR | 5:00 PM | Remote Asynchronous | Q3 2026: Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Tue, 2/10 and 3/3 @5p ET. 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.0403-1 | Group Exercise - Cardio Kickboxing | 20 | MW | 6:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |
| PE.0405-1 | Group Exercise - Pilates | 20 | TR | 3:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |
| PE.0432-1 | Group Exercise- Barre Fitness | 15 | TR | 2:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |
| PE.0435-1 | Group Exercise- Functional Fitness | 20 | MW | 3:00 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.0411-2 | Group Exercise- Yoga | 20 | MW | 5:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |
| PE.0411-3 | Group Exercise- Yoga | 20 | TR | 5:00 PM | Du Pont T Club Lounge | None | 2 | N | \$0.00 |

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| PE.4300-1 | Healthy Decisions: Wellness and Substance Use (remote async) | 15 | TR | 5:00 PM | Remote Asynchronous | Q3 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Tue, 2/10 and 3/3 at 6p ET. 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.0701-1 | Ice Hockey | 20 | MW | 2:00 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 | \$20.00 |
| PE.0922-1 | Parkour, Beginner | 16 | F | 1:15 PM | Zesiger MAC Court | Q3 2026: 2/13, 2/20, 2/27, 3/6, 3/13, 3/20. Time: 1:15p-2:45p Registration is pending until all forms sent from PE&W office have been completed by Mon, 2/9 by 5p. 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 | \$75.00 |
| PE.0646-1 | Pickleball | 16 | MW | 11:00 AM | Rockwell Cage South | None | 2 | N | \$10.00 |
| PE.0608-1 | Pistol | 14 | TR | 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 | TR | 2:00 PM | Du Pont Pistol Range | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0609-1 | Pistol, Intermediate | 14 | TR | 11:00 AM | Du Pont Pistol Range | Student must have successfully completed the MIT PEandW Beginner Pistol Course. Note: Student must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0626-1 | Rifle | 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.0626-2 | Rifle | 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.0626-3 | Rifle | 14 | MW | 2:00 PM | Du Pont Pistol Range | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0201-2 | SCUBA Diving | 18 | R | 6:45 PM | Other | Q3 2026. Thu Dates: 2/19, 2/26, 3/5, 3/12, 3/19**, 4/2**, 4/9**(** Ends in Q4). Meet at Alumni Wang pool/Classroom 66-160 after. All participants must complete PE&W Swim/Boat test by 2/4 to register 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 2/9 @ 5p. Attendance is required on the first and last day. | 4 | N | \$365.00 |

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| PE.0201-1 | SCUBA Diving | 18 | T | 6:45 PM | Other | Q3 2026.Tue Dates: 2/24, 3/3, 3/10, 3/17**, 3/31**, 4/7**, 4/14** (** Ends in Q4).Meet at Alumni Wang pool/Classroom 66-160 after. All participants must complete PE&W Swim/Boat test by 2/4 to register 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 2/9 @ 5p. Attendance is required on the first and last day. | 4 | N | \$365.00 |
| PE.0636-1 | Self-Defense for Women | 20 | MW | 1:00 PM | Du Pont Wrestling Room | This is an all female course. | 2 | N | \$0.00 |
| PE.0612-1 | Skate, Beginner | 20 | MW | 1:00 PM | Johnson Ice Rink 1 | None | 2 | N | \$20.00 |
| PE.0612-2 | Skate, Beginner | 20 | TR | 11:00 AM | Johnson Ice Rink 1 | None | 2 | N | \$20.00 |
| PE.0612-3 | Skate, Beginner | 20 | TR | 1:00 PM | Johnson Ice Rink 1 | None | 2 | N | \$20.00 |
| PE.0612-4 | Skate, Beginner | 20 | TR | 2:00 PM | Johnson Ice Rink 1 | None | 2 | N | \$20.00 |
| PE.0613-1 | Skate, Intermediate | 15 | MW | 1:00 PM | Johnson Ice Rink 2 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$20.00 |
| PE.0613-2 | Skate, Intermediate | 15 | TR | 11:00 AM | Johnson Ice Rink 2 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$20.00 |
| PE.0613-3 | Skate, Intermediate | 15 | TR | 1:00 PM | Johnson Ice Rink 2 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$20.00 |
| PE.0613-4 | Skate, Intermediate | 15 | TR | 2:00 PM | Johnson Ice Rink 2 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$20.00 |
| PE.0703-1 | Soccer, Beginner | 15 | MW | 11:00 AM | Zesiger MAC Court | This course will be held indoors. | 2 | N | \$0.00 |
| PE.0616-1 | Squash | 12 | MW | 11:00 AM | Zesiger Squash Courts | None | 2 | N | \$10.00 |
| PE.0616-2 | Squash | 12 | TR | 1:00 PM | Zesiger Squash Courts | None | 2 | N | \$10.00 |
| PE.0616-3 | Squash | 12 | TR | 2:00 PM | Zesiger Squash Courts | None | 2 | N | \$10.00 |
| PE.0617-1 | Squash, Intermediate | 12 | TR | 11:00 AM | Zesiger Squash Courts | Completion of Beginner Squash class or had experience in high school or club. Please email instructor at bbubna@mit.edu if you are not sure regarding your ability or if you have any questions | 2 | N | \$10.00 |
| PE.0202-1 | Swimming, Beginner | 10 | MW | 11:00 AM | Zesiger Teaching Pool | None | 2 | Y | \$20.00 |
| PE.0202-3 | Swimming, Beginner | 10 | MW | 2:00 PM | Zesiger Teaching Pool | None | 2 | Y | \$20.00 |
| PE.0202-5 | Swimming, Beginner | 10 | TR | 1:00 PM | Zesiger Teaching Pool | None | 2 | Y | \$20.00 |
| PE.0202-6 | Swimming, Beginner | 10 | TR | 2:00 PM | Zesiger Teaching Pool | None | 2 | Y | \$20.00 |
| PE.0414-1 | Weight Training | 16 | MW | 11:00 AM | Du Pont Varsity Weight Room | Students must attend first 4 classes. | 2 | N | \$0.00 |
| PE.0414-2 | Weight Training | 16 | MW | 1:00 PM | Du Pont Varsity Weight Room | Students must attend first 4 classes. | 2 | N | \$0.00 |
| PE.0414-3 | Weight Training | 16 | MW | 2:00 PM | Du Pont Varsity Weight Room | Students must attend first 4 classes. | 2 | N | \$0.00 |
| PE.0414-4 | Weight Training | 16 | TR | 11:00 AM | Du Pont Varsity Weight Room | Students must attend first 4 classes. | 2 | N | \$0.00 |
| PE.0414-5 | Weight Training | 16 | TR | 2:00 PM | Du Pont Varsity Weight Room | Students must attend first 4 classes. | 2 | N | \$0.00 |
| PE.4200-1 | Wellness Foundations (remote asynchronous) | 15 | TR | 5:00 PM | Remote Asynchronous | Q3 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Tue, 2/10 and 3/3 at 5:30p ET. 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 |