

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

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

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
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