

MW 2/10 - 3/17

TR 2/11 - 3/20

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.0600-1	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	Same as above	2	N	\$15.00
PE.0600-3	Archery	14	TR	1:00 PM	Rockwell Cage North	Same as above	2	N	\$15.00
PE.0600-4	Archery	14	TR	2:00 PM	Rockwell Cage North	Same as above	2	N	\$15.00
PE.0911-1	Backpacking - Urban	11	F	3:00 PM	Off Campus	Q3 Registration- 2 trips: Trip 1 3/21-3/23: Pre-trip meeting 2/20; 5:15p-6:45p (Media Room- W35-199). Attend 1 fitness session before the trip 2/26, 3/3 at 5p. Forms due by 2/10. Check MIT email for forms after the close of registration.	4	N	\$125.00
PE.0911-2	Backpacking - Urban	12	F	3:00 PM	Off Campus	Q3 Registration- 2 trips: Trip 2 4/4-4/6: Pre-trip meeting 3/4 5:15p-6:45p (Media Room- W35-199). Attend 1 fitness session before the trip 3/6, 3/13 at 5p. Must complete all forms provided by PE&W office to confirm registration by 2/10. Check MIT email for forms after the close of registration.	4	N	\$125.00
PE.0601-1	Badminton	15	MW	11:00 AM	Rockwell Cage South	None	2	N	\$10.00
PE.0601-2	Badminton	16	MW	1:00 PM	Rockwell Cage South	None	2	N	\$10.00
PE.0601-3	Badminton	16	MW	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.0903-1	Climbing, Indoor	14	W	5:30 PM	Off Campus	Q3 2025: Feb 19, 26, Mar. 5, 12. Time: 5:30p pick up -9:30p drop off. Students must attend first class. Must complete all forms by Mon, Feb. 10 sent to the students MIT email by the close of registration. Check SPAM folders if emails are being forwarded from an MIT email account.	2	N	\$135.00
PE.0603-1	Fencing, Sabre	16	TR	3:00 PM	Du Pont Fencing Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	2	N	\$15.00
PE.0517-1	Fitness (Yoga)/CPR/First Aid	12	TR	5:00 PM	Du Pont Multi-Purpose Room	Q3 2025: Students must complete the remote asynchronous CPR content and in-person CPR and FA exam sessions to become CPR/First Aid certified and students must be able to kneel and use 2 arms to give compressions. In person class starts 2/20.	2	N	\$60.00
PE.0521-1	Fitness (Yoga)/Healthy Relationship	16	TR	4:00 PM	Other	None	2	N	\$0.00
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	6:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00

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PE.0532-1	Fitness (Yoga)/Resiliency (remote synchronous)	16	MW	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
PE.0544-1	Fitness(Strength Circuit)/Nutrition	16	MW	5:00 PM	Du Pont Multi-Purpose Room	Workout clothes and filled water bottle.	2	N	\$0.00
PE.0546-1	Fitness(Strength Circuit)/Stress Management	16	MW	6:00 PM	Du Pont Multi-Purpose Room	Sneakers/footwear, comfortable workout clothing and water bottle.	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.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	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.0458-1	Group Exercise- Learn Kickboxing	20	MW	3:00 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)	20	TR	5:00 PM	Remote Asynchronous	Q3 2025. Completion of weekly asynchronous assignments and 2 30 minute synchronous meetings over Zoom - Mon. 2/10 and Wed 3/5 at 5p. 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	TR	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	\$15.00
PE.0922-1	Parkour	16	F	1:15 PM	Zesiger MAC Court	Q3 2025: Fri. 2/14, 2/21, 2/28, 3/7, 3/14, 3/21*(ends after Q3) Time: 1:15p-2:45p Registration is pending until all forms sent from PE&W office have been completed by 2/10/25. 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	\$80.00

Schedule subject to change upon the opening of online registration.

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PE.0608-1	Pistol	13	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	same as above	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 PE 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	Same as above	2	N	\$35.00
PE.0626-3	Rifle	14	MW	2:00 PM	Du Pont Pistol Range	Same as above	2	N	\$35.00
PE.0201-1	SCUBA Diving	16	TR	6:45 PM	Other		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	11:00 AM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0612-2	Skate, Beginner	20	MW	1:00 PM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0612-3	Skate, Beginner	20	TR	11:00 AM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0612-4	Skate, Beginner	20	TR	1:00 PM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0612-5	Skate, Beginner	20	TR	2:00 PM	Johnson Ice Rink 1	None	2	N	\$15.00
PE.0613-1	Skate, Intermediate	15	MW	11:00 AM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$15.00
PE.0613-2	Skate, Intermediate	15	MW	1:00 PM	Johnson Ice Rink 2	Same as above	2	N	\$15.00
PE.0613-3	Skate, Intermediate	15	TR	11:00 AM	Johnson Ice Rink 2	Same as above	2	N	\$15.00
PE.0613-4	Skate, Intermediate	15	TR	1:00 PM	Johnson Ice Rink 2	Same as above	2	N	\$15.00
PE.0613-5	Skate, Intermediate	15	TR	2:00 PM	Johnson Ice Rink 2	Same as above	2	N	\$15.00
PE.0703-1	Soccer, Beginner	15	MW	2:30 PM	Zesiger MAC Court	None	2	N	\$0.00
PE.0703-2	Soccer, Beginner	15	TR	3:30 PM	Zesiger MAC Court	None	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.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 tlincou@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	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

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PE.0202-6	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	2	Y	\$15.00
PE.0414-1	Weight Training	16	MW	2:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	2	N	\$0.00
PE.0414-2	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	Same as above	2	N	\$0.00
PE.0414-3	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	Same as above	2	N	\$0.00
PE.0414-4	Weight Training	16	TR	2:00 PM	Du Pont Varsity Weight Room	Same as above	2	N	\$0.00
PE.0415-1	Weight Training for Women	16	MW	1:00 PM	Du Pont Varsity Weight Room	This is an all female class. Students must attend first 4 classes and bring handout printed from Canvas to class.	2	N	\$0.00