

**Quarter 4 Open Course List**  
**4/2/25 - 5/13/25**

| Section   | Title  | Fee Amount | GIR Points | Meetings   | Instructors          | Instructor Email   | Openings |
|-----------|--|------------|------------|--|----------------------|--|----------|
| PE.0202-1 | Swimming, Beginner   | 15         | 2          | MW 11:00 AM Zesiger Teaching Pool                    | Sarah Johnson        | <a href="mailto:skj18@mit.edu">skj18@mit.edu</a>                     | 1        |
| PE.0202-4 | Swimming, Beginner   | 15         | 2          | TR 1:00 PM Zesiger Teaching Pool                     | Meghan Sisson French | <a href="mailto:frenchm@mit.edu">frenchm@mit.edu</a>                 | 5        |
| PE.0203-1 | Swimming, Intermediate                                       | 15         | 2          | TR 11:00 AM Alumni Pool 25 yard                      | Meghan Sisson French | <a href="mailto:frenchm@mit.edu">frenchm@mit.edu</a>                 | 3        |
| PE.0328-1 | Jazz Funk  |            | 2          | TR 11:00 AM Du Pont T Club Lounge                    | Emily Gray           | <a href="mailto:grave114@mit.edu">grave114@mit.edu</a>               | 8        |
| PE.0402-1 | Jogging/Running  |            | 2          | TR 1:00 PM Steinbrenner Track & Johnson Indoor Track | Anne Versprille      | <a href="mailto:averspri@mit.edu">averspri@mit.edu</a>               | 2        |
| PE.0405-1 | Group Exercise - Pilates                                     |            | 2          | TR 2:00 PM Du Pont T Club Lounge                     | Maite Paillet        | <a href="mailto:maitep@mit.edu">maitep@mit.edu</a>                   | 13       |
| PE.0411-1 | Group Exercise- Yoga   |            | 2          | MW 8:00 AM Du Pont T Club Lounge                     | Anna Grossman        | <a href="mailto:anna_g@mit.edu">anna_g@mit.edu</a>                   | 5        |
| PE.0411-3 | Group Exercise- Yoga   |            | 2          | TR 3:00 PM Du Pont T Club Lounge                     | Maite Paillet        | <a href="mailto:maitep@mit.edu">maitep@mit.edu</a>                   | 2        |
| PE.0411-4 | Group Exercise- Yoga   |            | 2          | TR 5:00 PM Du Pont T Club Lounge                     | Samantha Baker       | <a href="mailto:sammie99@mit.edu">sammie99@mit.edu</a>               | 4        |
| PE.0414-2 | Weight Training  |            | 2          | TR 11:00 AM Du Pont Varsity Weight Room              | Paul Dill            | <a href="mailto:pdill@mit.edu">pdill@mit.edu</a>                     | 2        |
| PE.0414-3 | Weight Training  |            | 2          | TR 1:00 PM Du Pont Varsity Weight Room               | Riley Macon          | <a href="mailto:rmacon@mit.edu">rmacon@mit.edu</a>                   | 1        |
| PE.0415-1 | Weight Training for Women                                    |            | 2          | TR 2:00 PM Du Pont Varsity Weight Room               | Alyssa Diacono       | <a href="mailto:adiacono@mit.edu">adiacono@mit.edu</a>               | 3        |
| PE.0435-1 | Group Exercise- Functional Fitness                           |            | 2          | MW 6:00 PM Du Pont T Club Lounge                     | Elena J. Byrne       | <a href="mailto:ebyrne@mit.edu">ebyrne@mit.edu</a>                   | 8        |
| PE.0532-1 | Fitness (Yoga)/Resiliency (remote synchronous)               |            | 2          | TR 7:00 PM Remote Synchronous                        | Lori Lambert-Osburn  | <a href="mailto:lorilamb@mit.edu">lorilamb@mit.edu</a>               | 10       |
| PE.0541-1 | Fitness (Strength Circuit)/Financial Health                  |            | 2          | TR 4:00 PM Du Pont Multi-Purpose Room                | Sarah Johnson        | <a href="mailto:skj18@mit.edu">skj18@mit.edu</a>                     | 15       |
| PE.0544-1 | Fitness(Strength Circuit)/Nutrition                          |            | 2          | MW 5:00 PM Du Pont Multi-Purpose Room                | Michele Craemer      | <a href="mailto:mbc10@mit.edu">mbc10@mit.edu</a>                     | 10       |
| PE.0617-1 | Squash, Intermediate   | 10         | 2          | TR 11:00 AM Zesiger Squash Courts                    | Brian P. Bubna       | <a href="mailto:bbubna@mit.edu">bbubna@mit.edu</a>                   | 5        |
| PE.0703-2 | Soccer, Beginner   |            | 2          | MW 1:00 PM Roberts Field & Zesiger MAC Court         | Kenneth Bovell       | <a href="mailto:kbovell@mit.edu">kbovell@mit.edu</a>                 | 10       |
| PE.0721-1 | Tsegball   | 10         | 2          | TR 4:00 PM Zesiger MAC Court                         | Matthew Breen        | <a href="mailto:mibreen@mit.edu">mibreen@mit.edu</a>                 | 9        |
| PE.0806-1 | Judo   |            | 2          | MW 11:00 AM Du Pont Wrestling Room                   | Thierry Lincou       | <a href="mailto:tlincou@mit.edu">tlincou@mit.edu</a>                 | 2        |
| PE.0907-1 | Kayak  | 125        | 2          | T 3:30 PM Off Campus                                 | Contact by 4/11/25   | <a href="mailto:extremepe_forms@mit.edu">extremepe_forms@mit.edu</a> | 3        |
| PE.0909-1 | Sailing, Intermediate 420 Dinghy                             |            | 2          | T 11:00 AM Sailing Pavilion                          | Michael A. Kalin     | <a href="mailto:mkalin@mit.edu">mkalin@mit.edu</a>                   | 7        |
| PE.4200-1 | Wellness Foundations (remote asynchronous)                   | 50         | 2          | TR 5:30 PM Remote Asynchronous                       | Sarah Johnson        | <a href="mailto:skj18@mit.edu">skj18@mit.edu</a>                     | 2        |
| PE.4300-1 | Healthy Decisions: Wellness and Substance Use (remote async) | 50         | 2          | TR 5:00 PM Remote Asynchronous                       | Sarah Johnson        | <a href="mailto:skj18@mit.edu">skj18@mit.edu</a>                     | 4        |

**To enroll in an Open Course, students must contact the instructor directly to request to be added.**