

Quarter 4 Open Course List
4/13-5/14

Term	Section	Title	Fee Amount	GIR Points	Meetings	Instructors	Instructor email	Registrations Available
2024Q4	PE.0800-1	Aikido		2	MW 1:00 PM Du Pont Wrestling Room	Blake A. Newman	bnewman@mit.edu	11
2024Q4	PE.0703-1	Soccer, Beginner		2	MW 1:00 PM Roberts Field, MW 1:00 PM Zesiger MAC Court	Kenneth Bovell	kbovell@mit.edu	5
2024Q4	PE.0725-1	Spikeball	5	2	MW 11:00 AM Roberts Field, MW 11:00 AM Zesiger MAC Court	Paul Dill	pdill@mit.edu	9
2024Q4	PE.0518-1	Fitness (Yoga)/ Meditation		2	MW 4:00 PM Du Pont Multi-Purpose Room	Sarah Johnson	skj18@mit.edu	10
2024Q4	PE.0454-1	Group Exercise- Yoga, Intermediate		2	MW 5:00 PM Du Pont T Club Lounge	Anna Grossman	azrablue@mit.edu	11
2024Q4	PE.0512-1	Fitness / Nutrition		2	MW 6:00 PM Du Pont Multi-Purpose Room	Michele Craemer	mbc10@mit.edu	12
2024Q4	PE.0435-1	Group Exercise- Functional Fitness		2	MW 6:00 PM Du Pont T Club Lounge	Elena J. Byrne	ebyrne@mit.edu	3
2024Q4	PE.0456-1	Yoga- PEandW		2	MW 7:00 PM Du Pont T Club Lounge	Caiana Luse Moise	clm950@mit.edu	3
2024Q4	PE.0411-1	Group Exercise- Yoga		2	MW 8:00 AM Du Pont T Club Lounge	Anna Grossman	azrablue@mit.edu	3
2024Q4	PE.0909-1	Sailing, Intermediate		2	T 11:00 AM Sailing Pavilion	Matthew Lindblad	mitsail@mit.edu	6
2024Q4	PE.0328-1	Jazz Funk		2	TR 1:00 PM Du Pont T Club Lounge	Emily Gray	grave114@mit.edu	11
2024Q4	PE.0806-1	Judo		2	TR 11:00 AM Du Pont Wrestling Room	Thierry Lincou	tlincou@mit.edu	6
2024Q4	PE.0411-3	Group Exercise- Yoga		2	TR 3:00 PM Du Pont T Club Lounge	Maite Paillet	maitep@mit.edu	14
2024Q4	PE.0525-1	Fitness (Yoga)/Financial Health		2	TR 3:00 PM Other, TR 3:00 PM Du Pont Multi-Purpose Room	Sarah Johnson	skj18@mit.edu	13
2024Q4	PE.0518-2	Fitness (Yoga)/ Meditation		2	TR 4:00 PM Du Pont Multi-Purpose Room, TR 4:00 PM Other	Sarah Johnson	skj18@mit.edu	3
2024Q4	PE.0411-4	Group Exercise- Yoga		2	TR 5:00 PM Du Pont T Club Lounge	Shelby Weinstein	shelbywe@mit.edu	1
2024Q4	PE.4200-1	Wellness Foundations (remote asynchronous)	40	2	TR 5:00 PM Remote Asynchronous	Jodi Lava	jlava@mit.edu	9
2024Q4	PE.4300-1	Healthy Decisions: Wellness and Substance Use (remote async)	40	2	TR 5:00 PM Remote Asynchronous	Sarah Johnson	skj18@mit.edu	11
2024Q4	PE.4100-1	Foundations of Physical Fitness (remote asynchronous)	40	2	TR 5:45 PM Remote Asynchronous	Sarah Johnson	skj18@mit.edu	2
2024Q4	PE.0452-1	Yoga- PEandW (Remote)		2	TR 7:00 PM Remote Synchronous	Lori Lambert-Osburn	lorilamb@mit.edu	6
2024Q4	PE.0928-1	Backpacking- White Mountains, NH (Spring)	315	4	Q4 Trip: Apr. 13-15 ; contact Dave for more details	Dave Hill	dave314@mit.edu	2
2024Q4	PE.0911-1	Backpacking - Urban	115	4	Trip #1: April 5-7; contact Dave for more details	Dave Hill	dave314@mit.edu	2
2024Q4	PE.0911-2	Backpacking - Urban	115	4	Trip #2: April 26-28; contact Dave for more details	Dave Hill	dave314@mit.edu	2

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