

Section	Title	Fee Amount	Meetings	Instructors	Instructor Email	Cap	Openings
PE.0202-3	Swimming, Beginner	10	MW 11:00 AM Zesiger Teaching Pool	David W. Hagymas	dhagymas@MIT.EDU	12	1
PE.0405-2	Group Exercise - Pilates		TR 2:00 PM Du Pont T Club Lounge	Maite Paillet	maitep@mit.edu	20	3
PE.0442-1	Boot Camp, Introduction	10	MW 3:00 PM Roberts Field & Johnson Infield	Tyler F. O'Keefe	okeefet@MIT.EDU	16	4
PE.0442-2	Boot Camp, Introduction	10	TR 3:00 PM Roberts Field & Johnson Infield	Riley Macon	rmacon@mit.edu	16	8
PE.0451-1	Strength Training at Home		MW 11:00 AM Remote Synchronous	Sarah Johnson	skj18@mit.edu	15	11
PE.0452-2	Yoga (Remote)		TR 7:00 PM Remote Synchronous	Carley Bowering	carleyb@mit.edu	15	2
PE.0507-1	Fitness / Stress Management		MW 3:00 PM Du Pont Multi-Purpose Room	Meghan Sisson French	frenchm@mit.edu	16	4
PE.0507-2	Fitness / Stress Management		TR 6:00 PM Du Pont Multi-Purpose Room	Lori Lambert-Osburn	lorilamb@mit.edu	16	2
PE.0512-1	Fitness / Nutrition		TR 5:00 PM Du Pont Multi-Purpose Room	Lori Lambert-Osburn	lorilamb@mit.edu	16	12
PE.0532-1	Fitness/Resiliency		MW 6:00 PM Du Pont Multi-Purpose Room	Sarah Johnson	skj18@mit.edu	16	15
PE.0532-2	Fitness/Resiliency		TR 4:00 PM Du Pont Multi-Purpose Room	Sarah Johnson	skj18@mit.edu	16	16
PE.0533-1	Koru Mindfulness and Yoga (Remote Synchronous)	5	TR 11a-12:30p -Oct. 26, 28, Nov. 2, 4, 9, 16	Sarah Johnson	skj18@mit.edu	15	12
PE.0701-1	Ice Hockey	10	TR 2:15 PM Johnson Ice Rink	Martin Desmarais	mjd@mit.edu	20	12

Please contact the instructor directly if you want to be added to a course listed above.

See course catalog for more details.