



MIT RECREATION

WELLNESS YOUR WAY

Discover a more balanced work-life experience with programs designed to meet you right where you are. Contact fitness@mit.edu for more information.

Exercise

Group Exercise 60 minutes | 30 participants | \$95

Participants can choose from Yoga, Zumba, BollyX, Kickboxing, and Pilates. **Additional fees apply for groups with more than 30 participants.*

**Additional fees apply for groups with more than 30 participants.*

Train

Small Group Personal Training 30 minutes | 6-8 participants | \$75

Great for small groups or organizations that with individual fitness goals.

Large Group Personal Training 30 minutes | 30 Participants | \$95

Great for groups and organizations that want to get moving during the workday through a variety of stretched and low impact exercises.

**Additional fees apply for groups with more than 30 participants.*

Learn

Nutrition Coaching for Performance 60 minutes | 100 max participants | \$60

Explore best practices on eating habits that help improve physical and mental performance for athletes.

Nutrition Coaching for Energy 60 minutes | 100 max participants | \$60

Explore best practices on eating habits that help improve your energy throughout the day.

How to: Create A Workout 60 minutes | 100 max participants | \$60

Discover the elements that go into a balanced workout including strength, cardio, and flexibility training.

www.mitrecsports.com/welness/wellness-your-way

