

IAP Open Courses

Updated 1/4/2012

Activity	Title	Fee	Meetings	Capacity	Registered	Open Spots	Notes
Dance	Israeli Folk	None	TR 2:00 PM Wang Fitness 168	25	11	14	Dress for running and jumping. Go to Day 1 of class to add.
Dance	Middle Eastern	None	MW 2:00 PM Du Pont T Club Lounge	25	13	12	Wear leotard, tights, or loose-fitting clothes. Go to Day 1 of class to add.
Dance	Tango, Beginner	None	TR 1:30 PM Zesiger MAC Court	25	17	8	Go to Day 1 of class to add.
Dance	Tango, Beginner	None	TR 3:00 PM Zesiger MAC Court	25	15	10	Go to Day 1 of class to add.
Dance	Swing	None	TR 11:00 AM Du Pont T Club Lounge	25	17	8	Go to Day 1 of class to add.
Fitness	Group Exercise - Boot Camp for Athletes	None	MW 2:00 PM Johnson Indoor Track	25	18	7	Prerequisites: Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more Go to Day 1 of class to add.
Fitness	Group Exercise - Boot Camp for Athletes with HRM	\$10.00	MW 1:00 PM Du Pont T Club Lounge, MW 1:00 PM Johnson Indoor Track	20	10	10	Prerequisites: Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more Go to Day 1 of class to add.
Health & Wellness	Fitness/Nutrition	None	MW 11:00 AM Du Pont Multi- Purpose Room	18	5	13	Go to Day 1 of class to add.
Health & Wellness	Fitness/Nutrition	None	TR 12:00 PM Du Pont Multi- Purpose Room	18	5	13	Go to Day 1 of class to add.
Individual Sports	Tennis, Beginner	\$5.00	MTWR 1:00 PM Johnson Infield	16	12	4	Go to Day 1 of class to add.
Individual Sports	Volleyball, Intermediate	None	MTWR 2:00 PM Rockwell Cage Main	24	12	12	Go to Day 1 of class to add.
Team Sports	Broomball	\$10.00	MTWR 10:00 AM Johnson Ice Rink	20	15	5	Go to Day 1 of class to add.

**MIT Students: To add an open course, go to Day 1 of class. Non-students: contact
mitpe@mit.edu**