# MIT Lincoln Laboratory Fitness Center

## Group Fitness Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **6:30 AM - 7:30 AM**
  SIZZLE & CHISEL
  STEVE | **6:30 AM - 7:30 AM**
  YOGA*
  *FEE AND PRE-REGISTRATION REQUIRED | **6:30 AM - 7:30 AM**
  RIPPED
  JUDY | **6:30 AM - 7:30 AM**
  SIZZLE & CHISEL
  TIFFANY | **6:15 AM - 7:00 AM**
  SPINNING
  BARB |
| **11:45 AM - 12:45 PM**
  METABOLIC INFERNO
  TIFFANY | **11:45 AM - 12:45 PM**
  RIPPED
  KALI | **11:45 AM - 12:30 PM**
  STRICTLY STRENGTH
  TIFFANY | **11:45 AM - 12:45 PM**
  RIPPED
  DEB |
| **5:30 PM - 6:30 PM**
  YOGA*
  *FEE AND PRE-REGISTRATION REQUIRED | **12:00 PM - 1:00 PM**
  YOGA*
  *FEE AND PRE-REGISTRATION REQUIRED | **12:00 PM - 1:00 PM**
  YOGA*
  *FEE AND PRE-REGISTRATION REQUIRED | **11:45 AM - 12:45 PM**
  RIPPED
  TIFFANY |
| **5:30 PM - 6:30 PM**
  ZUMBA
  DELINDA | **5:30 PM - 6:15 PM**
  SPINNING
  MILA | **5:30 PM - 6:30 PM**
  STEP CIRCUIT
  KIM | **5:30 PM - 6:15 PM**
  SPINNING
  KIM |

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**Reminders:**

- Please arrive to class on time.
- Prior to the start of the class, inform the instructor of any injuries or conditions that may require modifications.
- Please wear clean, dry sneakers.
- Exercise at your own pace and drink plenty of water before, during, and after class.
- Group fitness classes are for fitness center members only.

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**Effective June 20, 2016**

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**FITNESS CENTER INFO**

**Hours**

- Monday – Thursday: 6:00 AM – 8:00 PM
- Friday: 6:00 AM - 7:00 PM
- Saturday: CLOSED UNTIL MID-OCTOBER

Follow us on Facebook [MIT LL Fitness Center](https://www.facebook.com/MIT.FitnessCenter)

We are online at [www.ll.mit.edu/Fitness/](http://www.ll.mit.edu/Fitness/)

Refer to Facebook and the “Changes to the Group Fitness Schedule” notifications posted on the studio door for format and instructor changes.
Class Descriptions

★ **Jillian Michaels BODYSHRED:** This is a fast-paced, high intensity & endurance based workout that utilizes Jillian’s 3-2-1 interval approach: 3 minutes of strength - 2 minutes of cardio - 1 minute of abs.

★ **Metabolic Inferno:** This is an intense total body workout that fuses periods of hard work via bodyweight, medicine ball, free weight exercises and athletic conditioning drills with recovery periods. This workout will challenge your strength, endurance, power, balance, and flexibility, as well as stoke your metabolic fire.

★ **RIPPED:** The One Stop Body Shock™ is a “Plateau Proof Fitness Formula” that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. This total body, high intensity style program, utilizing free weights, resistance and body weight is for every body.

★ **RYDE:** Ride to the rhythm of fun music in this high-intensity indoor cycling class. Take on the terrain with your inspiring RYDE coach who leads the cycling pack through hills, flats, mountain peaks, time trials, and interval training. Enjoy the RYDE!

★ **Sizzle and Chisel:** This is a fun and invigorating all-in-one class that combines cardiorespiratory exercise, total-body strength training, core work, and stretching.

★ **Spinning:** Geared for the novice and athlete alike, Spinning is a group stationary cycling class using a specialized bike. You decide how tough or easy class is by adjusting the intensity of your resistance knob.

★ **Step Circuit:** This is a great total body cardio and strength workout that alternates intervals of step training and muscle conditioning.

★ **Strictly Strength:** Using challenging levels of resistance (heavy weights, resistance bands, body weight) with big bang-for-your-buck exercises, this workout focuses on maximizing muscular strength and endurance.

★ **Yoga:** Yoga releases tension, opens physical and emotional blocks, and focuses the mind. If you’d like more energy, a stronger and healthier body and increased awareness, give Yoga a try. *Additional fee required for this class.*

★ **Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.