



EFFECTIVE 07/01/2024

# PROGRAM PRICE LIST 2024 - 2025

SUBJECT TO CHANGE WITHOUT NOTICE

## SWIMMING

Adult & Youth Private Lessons		
30 minutes	Member	Non-Member
1 Session	\$43	\$59
5 Sessions	\$200	\$260
10 Sessions	\$300	\$500
60 minutes		
1 Session	\$72	\$95
5 Sessions	\$335	\$440
10 Sessions	\$640	\$840
Adult & Youth Buddy Lessons		
30 minutes	Member	Non-Member
1 Session	\$33	\$45
5 Sessions	\$155	\$205
10 Sessions	\$330	\$390
60 minutes		
1 Session	\$54	\$73
5 Sessions	\$250	\$335
10 Sessions	\$480	\$640

## SQUASH

Adult Private Lessons		
60 minutes	Member	Non-Member
1 Session	\$80	\$90
5 Sessions	\$380	\$428
10 Sessions	\$725	\$810
Adult Buddy Lessons		
60 minutes	Member	Non-Member
1 Session	\$45	\$55
5 Sessions	\$214	\$261
10 Sessions	\$405	\$495

## TENNIS

Adult and Youth (6+) Lessons		
	Price	Contact
1 Session	\$60 - \$85	mitrectennis@mit.edu
Indoor Tennis Drop-In Rates		
60 minutes	Member(DAPER)	Non-Member
Prime-Time	\$47	\$53
Non-Prime-Time	\$31	\$36
Indoor Tennis Times		
	M-F	Sat/Sun
Prime-Time	7p - 10p	8a - 2p
Non-Prime-Time	7a - 2p	-

## PERSONAL TRAINING

Teen Equipment Orientation (ages 13 - 17)	
45 minutes	Member
3 Sessions	\$165
Adult and Youth Private Training	
45 minutes	Member
1 Session	\$58
5 Sessions	\$276
10 Sessions	\$527
25 Sessions	\$1,260
60 minutes	
1 Session	\$65
5 Sessions	\$309
10 Sessions	\$590
25 Sessions	\$1,413
Adult and Youth Buddy Training	
45 minutes	Member
1 Session	\$45
5 Sessions	\$215
10 Sessions	\$410
25 Sessions	\$980
60 minutes	
1 Session	\$55
5 Sessions	\$260
10 Sessions	\$410
25 Sessions	\$1,195

## GOLF

Adult and Youth Private Lessons (listed below as adult/youth price)		
60 minutes	Member	Non-Member
1 Session	\$88/\$45	\$96/\$53
5 Sessions	\$395/\$205	\$435/\$245
10 Sessions	\$740/\$374	\$820/\$454
Adult and Youth Buddy Lessons		
60 minutes	Member	Non-Member
1 Session	\$48	\$56
5 Sessions	\$215	\$255
10 Sessions	\$400	\$480
Indoor Golf Simulator Reservations (1-2 Participants)		
60 minutes	Member	Non-Member
1 Session	\$45	\$53



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ASSESSMENTS		
Inbody only	Member	Non-Member
	\$25	\$33
Health Assessment	Member	Non-Member
	\$80	\$96
Fitness Assessment	Member	Non-Member
	\$95	\$111
Performance Assessment	Member	Non-Member
	\$110	\$126

MESSAGE	
<b>Private Massage</b>	
30 minutes	Member
1 Session	\$55
60 minutes	Member
1 Session	\$99
90 minutes	Member
1 Session	\$150

WELLNESS YOUR WAY	
<b>Group Exercise (30 participant max)</b>	
60 minutes	Total Class Cost
Per Class	\$95
<b>Small Group Personal Training (6-8 participants)</b>	
30 minutes	Price
Per Session	\$75
<b>Large Group Personal Training (30 participant max)</b>	
30 minutes	Price
Per Session	\$75
<b>Chair Massage (5-15 minutes/person, 2 hour minimum)</b>	
2 hours	Price
1 Massage Therapist	\$95
<b>Nutrition Coaching (100 participant max)</b>	
60 minutes	Price
For Performance	\$95
For Energy	\$95
<b>How to Create a Workout (100 participant max)</b>	
60 minutes	Price
	\$95
<b>American Red Cross Skills</b>	
Pricing based on certification preference and class size	

NUTRITION		
Nutrition Coach Intro	Member	Non-Member
Mandatory First Session	\$80	\$88
Follow-up for Success	Member	Non-Member
1 Session	\$70	\$78
Short-term Preparation	Member	Non-Member
5 Sessions	\$315	\$351
Season-long Support	Member	Non-Member
10 Sessions	\$595	\$663

GROUP EXERCISE		
<b>Drop-in Classes</b>		
1 Class	Member	Non-Member (includes guest pass)
	\$10	\$25
<b>Group Ex Pass</b>		
	Student	Non-Student Member
1 Month	\$35	\$50
<b>Group Ex Member Packages</b>		
4 pack	\$24	
8 pack	\$42	
12 pack	\$60	

ICE SKATE		
<b>Adult Skate Rentals</b>		
Figure or Hockey	\$5	\$7
<b>Adult and Youth Private Lessons</b>		
30 minutes	Member(DAPER)	Non-Member
1 Session	\$42	\$50
5 Sessions	\$185	\$225
<b>Adult and Youth Buddy Lessons</b>		
30 minutes	Member(DAPER)	Non-Member
1 Session	\$25	\$33
5 Sessions	\$113	\$153

PROGRAM DESIGN	
<b>Program Design</b>	
Workout Program for 1 cycle	Member
	\$65
<b>Season Package</b>	
Full package of Program Design	Member
	\$180