



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

Adult & Youth Buddy Lessons

30 minutes	Member	Non-Member
1 Session	\$33	\$45
5 Sessions	\$155	\$205
10 Sessions	\$330	\$390

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	mdufour@mit.edu

Indoor Tennis Drop-In Rates

60 minutes	Member(DAPER)	Non-Member
Prime-Time	\$40	\$43
Non-Prime-Time	\$25	\$27

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

Adult and Youth Buddy Training

45 minutes	Member
1 Session	\$45
5 Sessions	\$215
10 Sessions	\$410
25 Sessions	\$980

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	
Private Massage	
30 minutes	Member
1 Session	\$55
60 minutes	Member
1 Session	\$99
90 minutes	Member
1 Session	\$150

WELLNESS YOUR WAY	
Group Exercise (30 participant max)	
60 minutes	Total Class Cost
Per Class	\$95
Small Group Personal Training (6-8 participants)	
30 minutes	Price
Per Session	\$75
Large Group Personal Training (30 participant max)	
30 minutes	Price
Per Session	\$75
Chair Massage (5-15 minutes/person, 2 hour minimum)	
2 hours	Price
1 Massage Therapist	\$95
Nutrition Coaching (100 participant max)	
60 minutes	Price
For Performance	\$95
For Energy	\$95
How to Create a Workout (100 participant max)	
60 minutes	Price
	\$95
American Red Cross Skills	
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		
Drop-in Classes		
1 Class	Member	Non-Member (includes guest pass)
	\$10	\$25
Group Ex Pass		
	Student	Non-Student Member
1 Month	\$35	\$50
Group Ex Member Packages		
4 pack	\$24	
8 pack	\$42	
12 pack	\$60	

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

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