



**FAVORITE THING ABOUT
TEACHING AT MIT**
Hooking new students on a
stress-relieving work out.

ELENA BYRNE

CLASSES TAUGHT at MIT
Kickboxing & Body Sculpt

EDUCATION
B.A. in Literature, Minor in Spanish, Hartwick College
M.A. in Literature, Drew University
M.S. in Library Science, Simmons College
AFAA Group Exercise Certification
Les Mills Body Combat & Body Attack Certification
ISCA Kick Box Certification



ADVICE FROM FUTURE SELF
Take more risks and travel
more frequently!

Also at MIT. . .
Assistant Director at
Student Alumni Relations

FAVORITE FOOD
Peanut Butter

Elena Byrne

Elena Byrne has been teaching Physical Education and Group Exercise classes at MIT for 6 years. She teaches kickboxing and body sculpt. Elena's favorite aspect of teaching exercises classes at MIT is getting students hooked on a new stress-relieving workout. In addition to instructing fitness classes, Elena also is the Assistant Director of Student Alumni Relations at the MIT Alumni Association. Feel free to Elena about the MIT Externship Program and how to better connect with MIT alumni! When she's not here at MIT you can find Elena riding her bike around the Charles River and enjoying other types of recreation outdoors.