

FERN KENISTON

AT MIT SINCE 2004

TEACHING
YOGA, PILATES & ZUMBA

ADVICE FOR FUTURE SELF

Live in the moment, enjoy
the journey and don't sweat
the small stuff.



OUTSIDE OF TEACHING MITPE

Works in MIT CSAL
(Computer Science &
Artificial Intelligence Lab)

FOR FUN?

Snowshoe & hike with her
two dogs



FAVORITE PART OF
TEACHING AT MIT

The amazingly high
energy of the MIT
community

Fern Keniston

Fern Keniston has been teaching Physical Education classes at MIT for over 10 years. She began teaching Yoga and Pilates and then also began teaching Zumba in 2012. Fern studied Physics and Exercise Physiology at Boston College and the University of Massachusetts. In addition to teaching PE, Fern also works in MIT's CSAIL (A.K.A. Computer Science and Artificial Intelligence Lab). For fun, Fern likes to snowshoe and hike with her dogs, row for MIT's club team, and dance like no one is watching.