



RITI NAIK

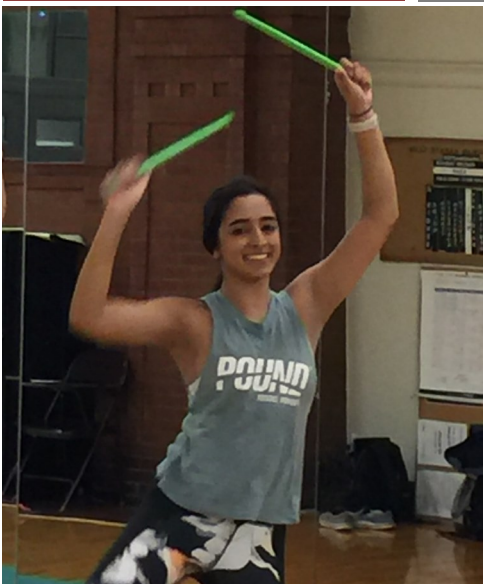
AT MIT SINCE 2016
Teaching BollyX and
POUND



GUILTY PLEASURE:
Reality dating shows

FAVORITE THING ABOUT TEACHING AT MIT
It's rewarding knowing I'm able to help facilitate a positive hour in each student's day.

EDUCATION
B.A. Psychology, Tufts University
Certified in Group Exercise, BollyX & **POUND**



ADVICE FROM FUTURE SELF
The past remains the past, the future remains unknown, but you have control over the present.



Riti Naik joined the fitness community at MIT in January 2016. She started by teaching part-time as a Group Exercise Instructor and began teaching POUND Fitness in Physical Education in September 2017. A graduate of Tufts University with a degree in Psychology, Riti earned certification as a Group Exercise Instructor from the Aerobics and Fitness Association of America and in BollyX and POUND. Riti enjoys teaching at MIT because the students are so energetic and passionate. She finds it rewarding to help facilitate a positive hour in each student's day, and to provide a fun stress reliever for the students while doing something she loves. A self-designated "flegan" (flexible vegan), Riti has a soft spot for Papa John's Parmesan Breadsticks and Reese's Peanut Butter Cups. Outside of fitness, Riti is a full-time analyst at the Boston startup Salsify.