### MID-ISLAND Y JCC Adler Center

**OPEN TO THE PUBLIC** 

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#### New Virtual Class through ZOOM

## **Fit-Tastic**

**FOR ADULTS** 

# Learn to exercise and maintain a **healthy lifestyle**.



## Tuesday and Thursday • 2:00-2:45 pm

Begins March 31, 2020 • Runs weekly • \$20 per class

Contact: Lauren Watling, Administrative Assistant 516.822.3535 x303 lwatling@miyjcc.org

