

FlexFIT Class Schedule: **COMMIT TO FIT**

December 2019

- ◆ Commit to fit Classes: Members: Free • Non-Member: \$12 drop-in fee
 ◆ Specialty Classes ◆ Silver Sneaker Classes: Members: \$12 • Non-Member: \$20 drop-in fee for water classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
◆ CHAKRA YOGA ENERGY 8:00-9:00 am Studio A All Levels	◆ DEFINE 9:25-10:25 am Studio A & B	◆ BOOT CAMP CHALLENGE 6-6:55 am Studio A&B	◆ STRENGTH TRAINING 9:20-10:20 am Studio A&B	◆ AQUAEROBICS 9:15-10:00 am Fee: \$288 Member Discounted Fee: \$176 17 weeks. Can be prorated.	◆ BOOT CAMP 6:10-6:55 am Studio A & B	◆ WEEKEND YOGA 8:00-9:00 am Studio A
◆ FITNESS SAMPLER 9:30-10:30 am Studio A	◆ MS SWIM 10:00-11:00am Register thru MS Society (631) 864-8337	◆ ZUMBA AM 8:30-9:20 am Studio A	◆ ZUMBA 9:25-10:25 am 1/2 Gym	◆ STEP IT UP 9:15-10:00 am Studio B	◆ 50+ TRAINING CIRCUIT 8:30-9:15 am Studio B	◆ ZUMBA 9:30-10:30 am Studio A
◆ ZUMBA 10:45-11:45 am Studio B	◆ SILVER SNEAKERS CARDIO* 10:35-11:20 am Studio A	◆ AQUAEROBICS 9:15-10:00 am Fee based.	◆ MS SWIM 10:00-11:00am Register through the MS Society (631) 864-8337	◆ SILVER SNEAKERS CARDIO* 10:30-11:15 am Studio A	◆ TOTAL BODYTONE 9:30-10:30 am Studio A & B	◆ STRENGTH TRAINING 10:35-11:35 am Studio A
	◆ BODYWORKS 10:45-11:15 am Studio B	◆ ABSOLGLUTE 9:25-10:25 am Studio B	◆ SILVER SNEAKERS CARDIO* 10:30-11:15 am Studio A	◆ OSTEOBLAST II 10:45-11:30 am Studio B	◆ MS AQUATICS PLUS 10:00-10:45 am Boardroom \$25/6 weeks	
	◆ OSTEOBLAST I 11:25 am-12:10 pm Studio B	◆ SILVER SNEAKERS YOGA* 10:45-11:30 am Studio A	◆ OSTEOBLAST + MAT 11:20 am-12:00 pm Studio B	◆ CHAKRA/YIN YOGA 11:30 am-12:15 pm Studio A	◆ SILVER SNEAKERS* 11:00-11:45 am Studio A	
	◆ SILVER SNEAKERS* 11:30-12:15 am Studio A	◆ AQUAEROBICS 8:00-9:00 pm 12/3, 12/10, 12/17	◆ ZUMBA 8:05-9:05 pm Studio A&B	◆ X-FIT 6:00-7:00 pm Studio A	◆ PILATES 10:45-11:45 am Studio B	
	◆ GRIT & BEAR IT 5:45-6:45 pm Studio A&B	◆ KICK BOXING 9:30-10:30 am Studio A		◆ ZUMBA 8:05-9:05 pm Studio A	◆ TAI CHI 12:00-1:00 pm Studio A	
	◆ VITAL YOGA 7:00-8:00 pm Boardroom	◆ BEGINNERS YOGA 11:30-12:30 am Studio B				
	◆ KICKBOXING/SCULPT 7:30-8:30 pm Studio A	◆ OSTEOBLAST 10:45-11:30 am Studio B				
		◆ HI-INTENSITY TRAINING 6-7:00 pm Studio B				
		◆ DRUMS ALIVE/POUND 7-8:00 pm Studio A				

FREE Babysitting!Mon-Fri: 9:00 am-12:00 pm
PlayroomSat: 8:00-11:30am
PlayroomSun: 9:00 am-12:00 pm
PlayroomFor more information, contact Barbara: 516.822.3535, x317 • For class schedule updates and changes, closings and cancellations, go to mijcc.org • Classes included in TWO-FER TUESDAYS

* Silver Sneakers classes are offered FREE to 60+ who are members of an eligible health plan.

10 Session Punch Cards available to those who do not qualify through their health insurance. Members: \$40 • Non-Members: \$80 FF18-SSPC

◆ **SPIN ZONE** Classes: **Members ONLY:** Free

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
◆ VIRTUAL SPIN ¹ 7:15-7:45 am SPRINT High Intensity	◆ VIRTUAL SPIN ¹ 6:00-6:50 am RPM All Levels	◆ VIRTUAL SPIN ¹ 6:00-6:30 am SPRINT High Intensity	◆ INSTRUCTOR SPIN ¹ 6:05-6:55 am All Levels	◆ VIRTUAL SPIN ¹ 6:00-6:50 am RPM All Levels	◆ VIRTUAL SPIN ¹ 6:15-7:00 am RPM All Levels	◆ VIRTUAL SPIN ¹ 7:15-7:45 am RPM All Levels
◆ INSTRUCTOR SPIN ¹ 8:00-9:00 am All Levels	◆ INSTRUCTOR SPIN ¹ 9:00-9:45 am All Levels	◆ VIRTUAL SPIN ¹ 9:00-9:50 am RPM All Levels	◆ INSTRUCTOR SPIN ¹ 9:30-10:30 am All Levels	◆ INSTRUCTOR SPIN ¹ 9:15-10:00 am All Levels	◆ MS SPIN ¹ INSTRUCTOR 10:00-10:45 am MS Society	◆ INSTRUCTOR SPIN ¹ 8:00-9:00 am All Levels
◆ INSTRUCTOR SPIN ¹ 9:15-10:15 am All Levels	◆ VIRTUAL SPIN ¹ 12:00-12:30 pm Beginner First Monday of the month	◆ VIRTUAL SPIN ¹ 12:00-12:30 pm RPM All Levels	◆ VIRTUAL SPIN ¹ 12:00-12:50 pm RPM All Levels	◆ VIRTUAL SPIN ¹ 12:00-12:30 pm RPM All Levels	◆ VIRTUAL SPIN ¹ 12:00-12:30 pm RPM All Levels	◆ INSTRUCTOR SPIN ¹ 9:15-10:00 am All Levels
◆ VIRTUAL SPIN ¹ 7:00-7:50 pm RPM All Levels	◆ INSTRUCTOR SPIN ¹ 6:15-7:00 pm All Levels	◆ VIRTUAL SPIN ¹ 12:35-1:05 pm SPRINT High Intensity	◆ VIRTUAL SPIN ¹ 5:30-6:00 pm SPRINT High Intensity	◆ VIRTUAL SPIN ¹ 12:35-1:05 pm RPM All Levels	◆ VIRTUAL SPIN ¹ 12:35-1:05 pm SPRINT High Intensity	◆ INSTRUCTOR SPIN ¹ 10:25-11:25 am All Levels
	◆ VIRTUAL SPIN ¹ 7:15-7:45 pm SPRINT High Intensity	◆ VIRTUAL SPIN ¹ 5:30-6:00 pm SPRINT High Intensity	◆ INSTRUCTOR SPIN ¹ 6:15-7:15 pm All Levels	◆ VIRTUAL SPIN ¹ 5:30-6:00 pm SPRINT	◆ VIRTUAL SPIN ¹ 4:00-4:45 pm RPM All Levels	◆ VIRTUAL SPIN ¹ 4:00-4:30 pm SPRINT High Intensity
		◆ INSTRUCTOR SPIN ¹ 7:00-7:45 pm All Levels	◆ VIRTUAL SPIN ¹ 8:00-8:30 pm SPRINT High Intensity	◆ VIRTUAL SPIN ¹ 7:00-7:50 pm RPM All Levels		

HOW TO SIGN UP FOR ALL SPIN CLASSES

Dial In To Spin: 516. 605. 2465

¹ Members Only: Spin pre-registration required

Monday Classes..... Call Sunday after **4:00 pm**
 Tuesday Classes..... Call Monday after **6:00 pm**
 Wednesday Classes..... Call Tuesday after **6:00 pm**
 Thursday Classes..... Call Wednesday after **6:00 pm**
 Friday Classes..... Call Thursday after **6:00 pm**
 Saturday Classes..... Call Thursday after **8:00 pm**
 Sunday Classes..... Call Friday after **9:00 am**

For Holiday closings call **6:00 pm**, 2 days prior to closing.

For more information, call 516.822.3535, x315