

Mid-Island Y JCC

2019 FlexFIT Class Schedule:

COMMIT TO FIT

◆ Commit to Fit Classes • Fee: \$12 drop-in fee Member Discounted Fee: FREE • Class Schedule as of September, 2019

For more information, please contact Barbara: (516) 822-3535, x317 • For class schedule updates and changes, please go to mijjcc.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
◆ CHAKRA YOGA ENERGY 8:00-9:00 am Studio A All Levels	◆ SPIN ZONE¹ 9:00-9:45 am Spin Room All Levels	◆ BOOT CAMP CHALLENGE 6:10-6:55 am Studio A&B	◆ SPIN ZONE¹ 6:05-6:55 am All levels Spin Room	◆ SPIN ZONE¹ 9:15-10:00 am Spin Room All Levels	◆ BOOT CAMP 6:10-6:55 am Studio A & B	◆ WEEKEND YOGA 8:00-9:00 am Studio A
◆ SPIN ZONE¹ 8:00-9:00 am Spin Room All Levels	◆ DEFINE 9:25-10:25 am Studio A & B	◆ ABSOLGLUTE 9:25-10:25 am Studio B	◆ STRENGTH TRAINING 9:20-10:20 am Studio A&B	◆ STEP IT UP 9:15-10:00 am Studio B	◆ 50+ TRAINING CIRCUIT 8:30-9:15 am Studio B	◆ SPIN ZONE¹ 8:00-9:00 am Spin Room All Levels
◆ SPIN ZONE¹ 9:15-10:15 am Spin Room All Levels	◆ BODYWORKS 10:45-11:15 am Studio B	◆ KICK BOXING 9:30-10:30 am Studio A	◆ ZUMBA 9:25-10:25 am 1/2 Gym	◆ OSTEOBLAST II 10:45-11:30 am Studio B	◆ TOTAL BODYTONE 9:30-10:30 am Studio A & B	◆ SPIN ZONE¹ 9:15-10:15 am Spin Room All Levels
◆ FITNESS SAMPLER 9:30-10:30 am Studio A	◆ OSTEOBLAST I 11:25 am-12:10 pm Studio B	◆ BEGINNERS YOGA 11:30-12:30 am Studio B	◆ SPIN ZONE¹ 9:30-10:30 am Spin Room All Levels	◆ CHAKRA/YIN YOGA 11:30 am-12:15 pm Studio A	◆ PILATES 10:45-11:45 am Studio B	◆ ZUMBA 9:30-10:30 am Studio A
◆ ZUMBA 10:45-11:45 am Studio B	◆ GRIT & BEAR IT 5:45-6:45 pm Studio A&B	◆ OSTEOBLAST 10:45-11:30 am Studio B	◆ OSTEOBLAST + MAT 11:20 am-12:00 pm Studio B	◆ X-FIT 6:00-7:00 pm Studio A	◆ TAI CHI 12:00-1:00 pm Studio A	◆ SPIN ZONE¹ 10:25-11:25 am Spin Room All Levels
	◆ SPIN ZONE¹ 6:15-7:00 pm Spin Room All Levels	◆ HI-INTENSITY TRAINING 6:00-7:00 pm Studio B	◆ ESSETRICS 5:00-6:00 pm Studio A Begins 9/11	◆ PILATES 7:00-8:00 pm Studio B		◆ STRENGTH TRAINING 10:35-11:35 am Studio A
	◆ VITAL YOGA 7:00-8:00 pm Boardroom	◆ DRUMS ALIVE/ POUND 7:00-8:00 pm Studio A	◆ SPIN ZONE¹ 6:15-7:15 pm Spin Room All Levels	◆ ZUMBA 8:05-9:05 pm Studio A	HOW TO SIGN UP FOR SPIN Dial In To Spin: (516) 605-2465 ¹ Members Only: Spin pre-registration required Monday Classes.....Call Sunday after 4pm Tuesday Classes.....Call Monday after 6pm Wednesday Classes.....Call Tuesday after 6pm Friday Classes.....Call Thursday after 6pm Saturday Classes.....Call Thursday after 8pm Sunday Classes.....Call Friday after 9am For Holiday closings call 6 pm, 2 days prior to closing For more information, call (516) 822-3535, x315	
	◆ KICKBOXING/SCULPT 7:30-8:30 pm Studio A	◆ SPIN ZONE¹ 7:00-7:45 pm Spin Room All Levels	◆ ZUMBA 8:05-9:05 pm Studio A&B			

Schedule & Classes subject to change. Please check our website at mijjcc.org for updates, closings and cancellations. (see reverse side for holiday schedule changes)

• Classes included in TWO-FER TUESDAYS

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2019 Class Schedule: SPECIALTY & WATER EXERCISE

Fee: \$20 drop-in fee for water classes Member Discounted Fee: \$12 • Class Schedule as of September, 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MS SWIM 10:00-11:00am Register thru MS Society (631) 864-8337	AQUAEROBICS 9:15-10:00 am Fee: \$306 Member Discounted Fee: \$187 17 weeks. Can be prorated.	MS SWIM 10:00-11:00am Register through the MS Society (631) 864-8337	AQUAEROBICS 9:15-10:00 am Fee: \$288 Member Discounted Fee: \$176 17 weeks. Can be prorated.	MS SPIN 10:00-10:45 am Spin Zone \$5/Class	
	SILVER SNEAKERS CARDIO* 10:35-11:20 am Studio A	SILVER SNEAKERS YOGA* 10:45-11:30 am Studio A	SILVER SNEAKERS CARDIO* 10:30-11:15 am Studio A	SILVER SNEAKERS CARDIO* 10:30-11:15 am Studio A	SILVER SNEAKERS* 11:00-11:45 am Studio A	
	SILVER SNEAKERS* 11:30-12:15 am Studio A		PATHWAYS PARKINSON'S 11:00 am-2:45 pm Begins 9/11 FEE: \$240			

FREE Babysitting!

Mon-Fri: 9am-12pm
Playroom

Sat: 8-11:30am
Playroom

Sun: 9am-12pm
Playroom

***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 Fee: \$80 Member Discounted Fee: \$40 FF18-SSPC

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MID ISLAND
YJCC
The Center of it ALL