## 2019 FlexFIT Class Schedule: COMMIT TO FIT

**Commit to Fit Classes**
- **M:** FREE  
- **NM:** $12 drop-in fee  
- **Class Schedule as of May 1, 2019**

For more information, please contact Barbara: (516) 822-3535, x317 • For class schedule updates and changes, please go to [www.miyjcc.org](http://www.miyjcc.org).

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

### Classes included in TWO-FER TUESDAYS

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHAKRA YOGA ENERGY</td>
<td>8:00-9:00 am Studio A</td>
<td>SPIN ZONE 1</td>
<td>9:00-9:45 am Spin Room All Levels</td>
<td>• BOO T CAMP CHALLENGE</td>
<td>6:10-6:55 am Studio A&amp;B</td>
<td>• BOOT CAMP</td>
</tr>
<tr>
<td>SPIN ZONE</td>
<td>8:00-9:00 am Spin Room All Levels</td>
<td>DEFINE</td>
<td>9:25-10:25 am Studio A &amp; B</td>
<td>• ABSOGLUTE</td>
<td>9:25-10:25 am Studio B</td>
<td>• STEP IT UP</td>
</tr>
<tr>
<td>SPIN ZONE</td>
<td>9:15-10:15 am Spin Room All Levels</td>
<td>BODYWORKS</td>
<td>10:45-11:15 am Studio B</td>
<td>• KICK BOXING</td>
<td>9:30-10:30 am Studio A</td>
<td>50+ TRAINING CIRCUIT</td>
</tr>
<tr>
<td>FITNESS SAMPLER</td>
<td>9:30-10:30 am Studio A</td>
<td>• ABSOLGLUTE</td>
<td>9:25-10:25 am Studio B</td>
<td>• KICK BOXING</td>
<td>9:30-10:30 am Studio A</td>
<td>OT MOBULAST II</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>10:45-11:45 am Studio A</td>
<td>BEGINNERS YOGA</td>
<td>11:30-12:30 am Studio B</td>
<td>• BEGINNERS YOGA</td>
<td>11:30-12:30 am Studio B</td>
<td>TOTAL BODYTONE</td>
</tr>
<tr>
<td>SPIN ZONE</td>
<td>9:15-10:15 am Spin Room All Levels</td>
<td>• BEGINNERS YOGA</td>
<td>11:30-12:30 am Studio B</td>
<td>• SPIN ZONE</td>
<td>9:30-10:30 am Studio Room All Levels</td>
<td>SPIN ZONE</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>10:45-11:45 am Studio A</td>
<td>• DRUMS ALIVE/POUND</td>
<td>7:00-8:00 pm Studio A</td>
<td>• DRUMS ALIVE/POUND</td>
<td>6:15-7:15 pm Studio Room All Levels</td>
<td>SPIN ZONE</td>
</tr>
<tr>
<td>• NEW</td>
<td>• NEW</td>
<td>• Hi-INTENSITY TRAINING</td>
<td>6:00-7:00 pm Studio B</td>
<td>• DRUMS ALIVE/POUND</td>
<td>6:15-7:15 pm Studio Room All Levels</td>
<td>NEW</td>
</tr>
<tr>
<td>• NEW</td>
<td>• NEW</td>
<td>• POWER YOGA</td>
<td>11:25-11:55 am Studio A</td>
<td>• SPIN ZONE</td>
<td>8:05-9:05 pm Studio A &amp; B</td>
<td>• NEW</td>
</tr>
<tr>
<td>• NEW</td>
<td>• NEW</td>
<td>• POWER YOGA</td>
<td>7:00-8:00 pm Studio B</td>
<td>• SPIN ZONE</td>
<td>8:05-9:05 pm Studio A &amp; B</td>
<td>• NEW</td>
</tr>
<tr>
<td>• NEW</td>
<td>• NEW</td>
<td>• POWER YOGA</td>
<td>7:00-8:00 pm Studio A</td>
<td>• SPIN ZONE</td>
<td>8:05-9:05 pm Studio A &amp; B</td>
<td>• NEW</td>
</tr>
</tbody>
</table>

### 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 6pm
   - 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
# Mid-Island Y JCC
## 2019 Class Schedule: SPECIALTY & WATER EXERCISE

**M: $12  NM: $20 drop-in fee for water classes**  
Class Schedule as of May 1, 2019

Schedule & Classes subject to change. Please check our website at [www.miyjcc.org](http://www.miyjcc.org) for updates. For more information, please contact Barbara: (516) 822-3535, x317

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<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **MS SWIM**  
10:00-11:00am  
Register thru MS Society  
(631) 864-8337 | **AQUAEROBICS**  
9:15-10:00 am  
M: $187  NM: $306  
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  
M: $176  NM: $288  
16 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 | **AQUAEROBICS**  
8:00-9:00 pm  
M: $165  NM: $270  
15 weeks. Can be prorated.  
For info call Dawn, x308 | **AQUAEROBICS**  
9:15-10:00 pm  
M: $162  NM: $285  
15 weeks. Can be prorated.  
For info call Dawn, x308 | **BOXING 4 PARKINSON’S ROCK STEADY BOXING**  
2:00-2:45 pm  
Studio A  
M: $60  NM: $90 | |

**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  
M: $40  NM: $80  
FF18-SSPC

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