



FREE MONTH

with EVERY REFERRAL!



TELL YOUR FRIENDS

ABOUT OUR GYM and **ALL THAT WE OFFER!**

Do you want to earn a free month

or more of membership?

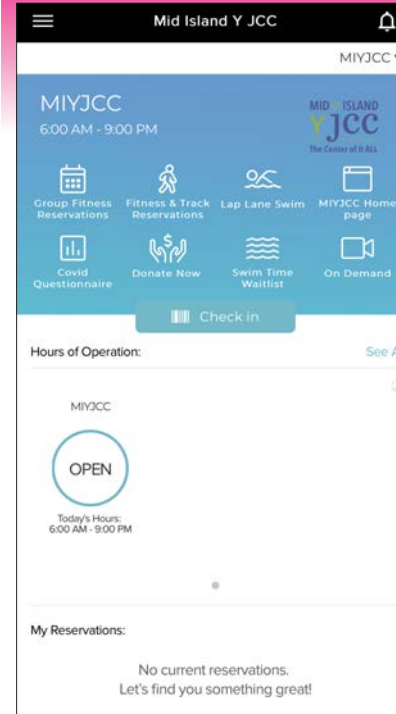
Each time you refer a member who joins, you get a **FREE MONTH** of MEMBERSHIP!

If **3 friends** join, you get **3 months free** and so on...



If your friends want to try us out and get a tour, we'll give them a 7-day **FREE TRIAL!**

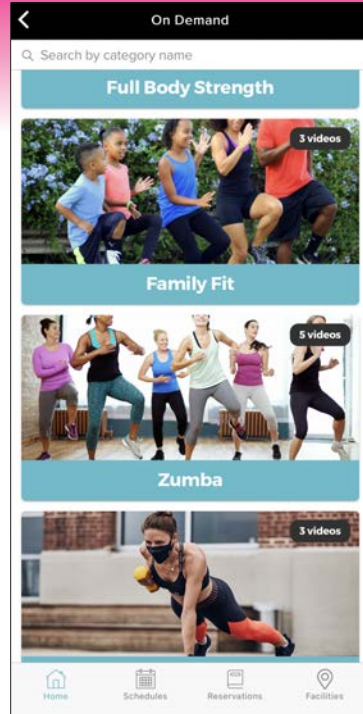
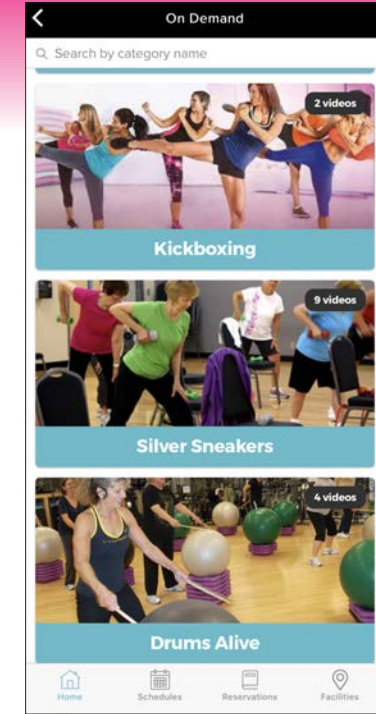
Take a fitness class from home ANY TIME OF THE DAY!



Our **Reservation APP** has a FULL LIBRARY of classes to choose from!

Just go to your app and go to the "on demand" icon. From HIIT classes to zumba, kickboxing, yoga, strength training, pilates and more!

Take your favorite class from the **comfort of your own home** any time of the day or night.



Spring is finally here!

As the weather gets warmer and the trees and flowers start to bloom, our mood brightens, especially this year as we see some bright light ahead.

We are excited that our tent is back up and classes will be in the sunny, breezy outdoors!



We want to hear from you!

It's been a challenging year to say the least. Social plans were put on hold, families and friends were unable to get together, travel plans were delayed, and so much more. At the Mid-Island Y JCC we were happy to welcome back members and provide them with the opportunity to keep physically fit and as a result, mentally fit as well! Please share your personal story or experience coming back to use the pool, the fitness center, walk the track or take a fitness class (either in person or virtual). Email Joanne at jethe@miyjcc.org or call x306.