

Mid-Island Y JCC

FlexFIT Class Schedule:

COMMIT TO FIT

APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHAKRA FLO 8:00-9:00 am Studio A/B Instructor: Genia Taub	OSTEOBLAST 9:00-9:45 am UNDER THE TENT Instructor: Evelyn Regan	SPIN 8:00-8:45 am UNDER THE TENT Instructor: Laurie Kreigsman	KICKBOXING 9:30-10:15 am UNDER THE TENT Instructor: Joy Kubelka	BOOT CAMP 8:00-8:45 am UNDER THE TENT Instructor: Cathy Darcy	BOOT CAMP 7:00-8:00 am UNDER THE TENT Instructor: Cathy Darcy	YOGA 8:00-9:00 am Studio A/B Virtual/Live Instructor: Cathy Darcy
SPIN 9:00-9:45 am Spin Studio Live/Indoor Instructor: Samantha Cohen	LET'S GET SPECIFIC 10:00-10:45 am UNDER THE TENT Instructor: Joy Kubelka	ZUMBA 9:30-10:30 am UNDER THE TENT Instructor: Carie Leithner	PILATES 11:30 am-12:30 pm Studio A/B Instructor: Melissa Levine	FULL BODY STRENGTH 10:00-10:45 am UNDER THE TENT Instructor: Joy Kubelka	HIIT MIX 9:30-10:15 am UNDER THE TENT Instructor: Joy Kubelka	SPIN 9:00-9:45 am Spin Studio Live/Indoor Instructor: Sean Roemig
ZUMBA 9:30-10:30 am UNDER THE TENT Instructor: Geraldinn Weber	KICKBOXING/SCULPT 7:00-8:00 pm UNDER THE TENT Instructor: Cathy Darcy	SILVER SNEAKERS YOGA 11:00-11:45 am UNDER THE TENT Instructor: Cathy Darcy	FULL BODY STRENGTH 6:00-6:45 pm UNDER THE TENT Instructor: Sonia Davila	SILVER SNEAKERS CARDIO 11:00-11:45 am UNDER THE TENT Instructor: Evelyn Regan	SILVER SNEAKERS 10:30-11:15 am UNDER THE TENT Instructor: Evelyn Regan	ZUMBA 9:30-10:30 am UNDER THE TENT Instructor: Carie Leitner
	SPIN 7:00-7:45 pm Spin Studio Live/Indoor Instructor: Russell Horowitz	MS/PARKINSONS MODIFIED WEIGHT & STRENGTH TRAINING 12:00-12:45 pm UNDER THE TENT Instructor: Barbara Traina	SPIN 7:00-7:45 pm Spin Studio Live/Indoor Instructor: Russell Horowitz	ROCK STEADY BOXING FOR PARKINSONS 1:00-2:00 pm UNDER THE TENT Instructor: Michelle	MS SPIN 11:00-11:45 am UNDER THE TENT Instructor: Barbara Traina	SPIN 10:00-10:45 am Spin Studio Live/Indoor Instructor: Sean Roemig
		DRUMS ALIVE 7:00-8:00 pm UNDER THE TENT Instructor: Eric Spar	ZUMBA 7:00-8:00 pm UNDER THE TENT Instructor: Sonia Davila	DRUMS ALIVE 7:00-8:00 pm UNDER THE TENT Instructor: Eric Spar		FULL BODY STRENGTH 10:45-11:30 am UNDER THE TENT Instructor: Cathy Darcy
						FAMILY FIT 12:00-12:45 pm UNDER THE TENT Instructor: Joy Kubelka

For class schedule updates and changes, closings and cancellations, go to mijcc.org. For more information, contact Joy Kubelka at: jkubelka@mijcc.org.

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

Les Mills virtual spin offered daily. See app for available times and to register.