

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CHAKRA FLO</b> 8:00-9:00 am STUDIO A/B Instructor: Genia Taub</p>	<p><b>OSTEOBLAST</b> 9:00-9:45 am STUDIO A/B Instructor: Evelyn Regan</p>	<p><b>SPIN**</b> 8:00-8:45 am SPIN STUDIO Instructor: Laurie Kreigsman</p>	<p><b>KICKBOXING</b> 9:30-10:15 am STUDIO A/B Instructor: Joy Kubelka</p>	<p><b>BOOT CAMP</b> 8:00-8:45 am STUDIO A/B Instructor: Cathy Darcy</p>	<p><b>BOOT CAMP</b> 7:00-8:00 am STUDIO A/B Instructor: Cathy Darcy</p>	<p><b>YOGA</b> 7:30-8:30 am STUDIO A/B Instructor: Cathy Darcy</p>
<p><b>SPIN**</b> 9:00-9:45 am SPIN STUDIO Instructor: Samantha Cohen</p>	<p><b>LET'S GET SPECIFIC</b> 10:00-10:45 am STUDIO A/B Instructor: Joy Kubelka</p>	<p><b>NEW DRUMS ALIVE</b> 8:30-9:15 am STUDIO A&amp;B Instructor: Eric Spar</p>	<p><b>TAI CHI**</b> 10:30-11:30 am STUDIO A/B Instructor: Jenny Lu</p>	<p><b>FULL BODY STRENGTH</b> 10:00-10:45 am STUDIO A/B Instructor: Joy Kubelka</p>	<p><b>HIIT MIX</b> 9:30-10:15 am STUDIO A/B Instructor: Joy Kubelka</p>	<p><b>FULL BODY STRENGTH</b> 8:45-9:30 am STUDIO A/B Instructor: Cathy Darcy</p>
<p><b>ZUMBA</b> 9:30-10:30 am STUDIO A/B Instructor: Geraldine Weber</p>	<p><b>SILVER SNEAKERS*</b> 11:00-11:45 am STUDIO A/B Instructor: Cathy Pinner</p>	<p><b>ZUMBA</b> 9:30-10:30 am STUDIO A/B Instructor: Cari Leitner</p>	<p><b>OSTEOBLAST</b> 11:45 am-12:30 pm STUDIO A/B Instructor: Melissa Levine</p>	<p><b>SILVER SNEAKERS CARDIO*</b> 11:00-11:45 am STUDIO A/B Instructor: Evelyn Regan</p>	<p><b>SILVER SNEAKERS*</b> 10:30-11:15 am STUDIO A/B Instructor: Joyce Michaels</p>	<p><b>SPIN**</b> 9:00-9:45 am SPIN STUDIO Instructor: Sean Roemig</p>
<p><b>NEW PEDAL+POWER**</b> 10:00-11:00 am SPIN STUDIO Instructor: Samantha Cohen</p>	<p><b>NEW PEDAL+POWER**</b> 11:30 am-12:30 pm SPIN STUDIO Instructor: Laurie Kreigsman</p>	<p><b>SILVER SNEAKERS YOGA*</b> 11:00-11:45 am STUDIO A/B Instructor: Cathy Darcy</p>	<p><b>FULL BODY STRENGTH</b> 6:00-6:45 pm STUDIO A/B Instructor: Alyssa Channin</p>	<p><b>NEW PEDAL+POWER**</b> 5:30-6:30 pm SPIN STUDIO Instructor: Joy Kubelka</p>	<p><b>MS SPIN**</b> 11:00-11:45 am SPIN STUDIO Instructor: Barbara Traina</p>	<p><b>ZUMBA EXPRESS</b> 9:45-10:30 am STUDIO A/B Instructor: Cari Leitner</p>
	<p><b>YIN YOGA</b> 6:00-6:45 pm STUDIO A/B Instructor: Genia Taub</p>	<p><b>MS/PARKINSONS MODIFIED WEIGHT &amp; STRENGTH TRAINING</b> 12:00-12:45 pm STUDIO A/B Fee: \$10 Instructor: Barbara Traina</p>	<p><b>SPIN**</b> 7:00-7:45 pm SPIN STUDIO Instructor: Russell Horowitz</p>	<p><b>NEW NIA**</b> 7:00-8:00 pm STUDIO A/B Instructor: Yonit Lerner Ofan</p>		
	<p><b>SPIN**</b> 6:00-6:45 pm SPIN STUDIO Instructor: Russell Horowitz</p>	<p><b>SENIOR FITNESS SELECTIONS</b> 2:15-3:00 pm STUDIO A/B Instructor: Joyce Michaels</p>	<p><b>ZUMBA</b> 7:00-8:00 pm STUDIO A/B Instructor: Carrie Dale</p>			
	<p><b>KICKBOXING/SCULPT</b> 7:00-8:00 pm STUDIO A/B Instructor: Cathy Darcy</p>	<p><b>NEW PILATES</b> 6:00-6:45 pm STUDIO A Instructor: Sonia Davila</p>				
		<p><b>DRUMS ALIVE</b> 7:00-8:00 pm STUDIO A/B Instructor: Eric Spar</p>				
		<p><b>NEW SPIN</b> 7:00-7:45 pm SPIN STUDIO Instructor: Sonia Davila</p>				

# SPIN ZONE

AT THE MID-ISLAND Y JCC

◆ SPIN ZONE Classes: Members ONLY: Free

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>7:00-7:50 am 8:00-8:50 am 12:00-12:50 pm 1:00-1:50 pm 2:00-2:50 pm 3:00-3:50 pm 4:00-4:50 pm</p>	<p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>6:00-6:50 am 7:00-7:50 am 10:00-10:50 am 2:00-2:50 pm 3:00-3:50 pm 4:00-4:50 pm 5:00-5:50 pm 7:00-7:50 pm 8:00-8:50 pm</p>	<p>◆ <b>VIRTUAL SPRINT</b> 30 mins</p> <p>SPIN STUDIO</p> <p>6:15-6:45 am</p> <hr/> <p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>7:00-7:50 am 9:00-9:50 am 10:00-10:50 am 11:00-11:50 am 12:00-12:50 pm 1:00-1:50 pm 3:00-3:50 pm 4:00-4:50 pm 8:00-8:50 pm</p>	<p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>6:00-6:50 am 7:00-7:50 am 8:00-8:50 am 9:00-9:50 am 10:00-10:50 am 11:00-11:50 am 1:00-1:50 pm 2:00-2:50 pm 3:00-3:50 pm 4:00-4:50 pm 5:00-5:50 pm 6:00-6:50 pm 8:00-8:50 pm</p> <hr/> <p>◆ <b>VIRTUAL SPRINT</b> 30 mins</p> <p>SPIN STUDIO</p> <p>12:00-12:30 pm</p>	<p>◆ <b>VIRTUAL SPRINT</b> 30 mins</p> <p>SPIN STUDIO</p> <p>6:15-6:45 am</p> <hr/> <p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>7:00-7:50 am 10:00-10:50 am 11:00-11:50 am 3:00-3:50 pm 4:00-4:50 pm 7:00-7:50 pm 8:00-8:50 pm</p>	<p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>6:00-6:50 am 7:00-7:50 am 8:00-8:50 am 9:00-9:50 am 10:00-10:50 am 11:00-11:50 am 1:00-1:50 pm 3:00-3:50 pm 4:00-4:50 pm</p> <hr/> <p>◆ <b>VIRTUAL SPRINT</b> 30 mins</p> <p>SPIN STUDIO</p> <p>12:00-12:30 pm</p>	<p>◆ <b>VIRTUAL SPIN</b> 50 mins</p> <p>SPIN STUDIO</p> <p>7:00-7:50 am 8:00-8:50 am 11:00-11:50 am 12:00-12:30 pm 1:00-1:50 pm 2:00-2:50 pm 3:00-3:50 pm 4:00-4:50 pm</p>

For more information, call 516.822.3535.

For class schedule updates and changes, closings and cancellations, go to [miyjcc.org](http://miyjcc.org).

For more information, contact Joy Kubelka at: [jkubelka@miyjcc.org](mailto:jkubelka@miyjcc.org).

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

Les Mills virtual spin offered daily. Check schedule for available days and times.

\*\* Virtual/Zoom option not available.