

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHAKRA FLO 8:00-9:00 am STUDIO A/B Instructor: Genia Taub</p>	<p>OSTEOBLAST 9:00-9:45 am STUDIO A/B Instructor: Evelyn Regan</p>	<p>SPIN** 8:00-8:45 am SPIN STUDIO Instructor: Laurie Kreigsman</p>	<p>NEW NIA 8:15-9:15 am STUDIO A/B Instructor: Yonit Lerner Ofan</p>	<p>BOOT CAMP 8:00-8:45 am STUDIO A/B Instructor: Cathy Darcy</p>	<p>BOOT CAMP 7:00-8:00 am STUDIO A/B Instructor: Cathy Darcy</p>	<p>YOGA 7:30-8:30 am STUDIO A/B Instructor: Cathy Darcy</p>
<p>SPIN** 9:00-9:45 am SPIN STUDIO Instructor: Samantha Cohen</p>	<p>LET'S GET SPECIFIC 10:00-10:45 am STUDIO A/B Instructor: Joy Kubelka</p>	<p>NEW DRUMS ALIVE 8:30-9:15 am STUDIO A&B Instructor: Eric Spar</p>	<p>KICKBOXING 9:30-10:15 am STUDIO A/B Instructor: Joy Kubelka</p>	<p>FULL BODY STRENGTH 10:00-10:45 am STUDIO A/B Instructor: Joy Kubelka</p>	<p>HIIT MIX 9:30-10:15 am STUDIO A/B Instructor: Joy Kubelka</p>	<p>NEW PEDAL+POWER** 7:45-8:45 am SPIN STUDIO Instructor: Sean Roemig</p>
<p>ZUMBA 9:30-10:30 am STUDIO A/B Instructor: Geraldine Weber</p>	<p>SILVER SNEAKERS* 11:00-11:45 am STUDIO A/B Instructor: Cathy Pinner</p>	<p>ZUMBA 9:30-10:30 am STUDIO A/B Instructor: Cari Leitner</p>	<p>TAI CHI** 10:30-11:30 am STUDIO A/B Instructor: Jenny Lu</p>	<p>SILVER SNEAKERS CARDIO* 11:00-11:45 am STUDIO A/B Instructor: Evelyn Regan</p>	<p>SILVER SNEAKERS* 10:30-11:15 am STUDIO A/B Instructor: Joyce Michaels</p>	<p>FULL BODY STRENGTH 8:45-9:30 am STUDIO A/B Instructor: Cathy Darcy</p>
<p>NEW PEDAL+POWER** 10:00-11:00 am SPIN STUDIO Instructor: Samantha Cohen</p>	<p>NEW PEDAL+POWER** 11:30 am-12:30 pm SPIN STUDIO Instructor: Laurie Kreigsman</p>	<p>SILVER SNEAKERS YOGA* 11:00-11:45 am STUDIO A/B Instructor: Cathy Darcy</p>	<p>OSTEOBLAST 11:45 am-12:30 pm STUDIO A/B Instructor: Melissa Levine</p>	<p>NEW PEDAL+POWER** 5:45-6:45 pm SPIN STUDIO Instructor: Joy Kubelka</p>	<p>MS SPIN** 11:00-11:45 am SPIN STUDIO Instructor: Barbara Traina</p>	<p>SPIN** 9:00-9:45 am SPIN STUDIO Instructor: Sean Roemig</p>
	<p>YIN YOGA 6:00-6:45 pm STUDIO A/B Instructor: Genia Taub</p>	<p>MS/PARKINSONS MODIFIED WEIGHT & STRENGTH TRAINING 12:00-12:45 pm STUDIO A/B Fee: \$10 Instructor: Barbara Traina</p>	<p>NEW SILVER SNEAKERS* 12:45-1:30 pm STUDIO A/B Instructor: Arlene Battista</p>			<p>ZUMBA EXPRESS 9:45-10:30 am STUDIO A/B Instructor: Cari Leitner</p>
	<p>SPIN** 6:00-6:45 pm SPIN STUDIO Instructor: Russell Horowitz</p>	<p>SENIOR FITNESS SELECTIONS 2:15-3:00 pm STUDIO A/B Instructor: Joyce Michaels</p>	<p>FULL BODY STRENGTH 6:00-6:45 pm STUDIO A/B Instructor: Alyssa Channin</p>			<p>NEW SPIN** 10:00-10:45 am SPIN STUDIO Instructor: Cindy Ryan</p>
	<p>KICKBOXING/SCULPT 7:00-8:00 pm STUDIO A/B Instructor: Cathy Darcy</p>	<p>NEW PILATES 6:00-6:45 pm STUDIO A Instructor: Sonia Davila</p>	<p>SPIN** 7:00-7:45 pm SPIN STUDIO Instructor: Russell Horowitz</p>			
		<p>DRUMS ALIVE 7:00-8:00 pm STUDIO A/B Instructor: Eric Spar</p>	<p>ZUMBA 7:00-8:00 pm STUDIO A/B Instructor: Carrie Dale</p>			
		<p>NEW SPIN 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>◆ VIRTUAL SPIN 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>◆ VIRTUAL SPIN 50 mins</p> <p>SPIN STUDIO</p> <p>6:00-6:50 am 7:00-7:50 am 10:00-10:50 am 3:00-3:50 pm 5:00-5:50 pm 7:00-7:50 pm 8:00-8:50 pm</p> <hr/> <p>◆ VIRTUAL SPRINT 30 mins</p> <p>SPIN STUDIO</p> <p>12:00-12:30 pm</p>	<p>◆ VIRTUAL SPRINT 30 mins</p> <p>SPIN STUDIO</p> <p>6:15-6:45 am</p> <hr/> <p>◆ VIRTUAL SPIN 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>◆ VIRTUAL SPIN 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 4:00-4:50 pm 5:00-5:50 pm 7:00-7:50 pm 8:00-8:50 pm</p> <hr/> <p>◆ VIRTUAL SPRINT 30 mins</p> <p>SPIN STUDIO</p> <p>12:00-12:30 pm</p>	<p>◆ VIRTUAL SPRINT 30 mins</p> <p>SPIN STUDIO</p> <p>6:15-6:45 am</p> <hr/> <p>◆ VIRTUAL SPIN 50 mins</p> <p>SPIN STUDIO</p> <p>7:00-7:50 am 10:00-10:50 am 11:00-11:50 am 4:00-4:50 pm 7:00-7:50 pm 8:00-8:50 pm</p>	<p>◆ VIRTUAL SPIN 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>◆ VIRTUAL SPRINT 30 mins</p> <p>SPIN STUDIO</p> <p>12:00-12:30 pm</p>	<p>◆ VIRTUAL SPIN 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.

For more information, contact Joy Kubelka at: 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.