Mid Island Y JCC FlexFIT Class Schedule COMMIT TO FIT — OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH FUSION 8:15-9:00 am STUDIO A/B **Instructor:** Alize Margulis	**OSTEOBLAST** 9:00-9:45 am STUDIO A/B **Instructor:** Evelyn Regan	**XPRESSFIT**** 8:00-8:30 am SPIN STUDIO **Instructor:** Arlene Battista	**KICKBOXING** 9:30-10:15 am STUDIO A/B **Instructor:** Joy Kubelka	**BOOT CAMP** 8:00-8:45 am STUDIO A/B Instructor: Cathy Darcy	**BOOT CAMP** 6:10-7:00 am STUDIO A/B **Instructor:** Cathy Darcy	**YOGA** 7:30-8:30 am STUDIO A/B **Instructor:** Cathy Darcy
SPIN** 9:00-9:45 am SPIN STUDIO **Instructor:** Stephen Shulman	**LET'S GET SPECIFIC** 10:00-10:45 am STUDIO A/B **Instructor:** Joy Kubelka	**DRUMS ALIVE**** 8:30-9:15 am STUDIO A/B **Instructor:** Eric Spar	**SILVER SNEAKERS STRENGTH*** 10:30-11:15 Am STUDIO A/B **Instructor:** Arlene Battista	**PILATES** 9:00-9:45 am STUDIO A/B **Instructor:** Michele McDonough	**XPRESSFIT**** 8:30 -9:00 am SPIN STUDIO **Instructor:** Alize Margulis	**FULL BODY STRENGTH** 8:45-9:30 am STUDIO A/B **Instructor:** Cathy Darcy
FULL BODY STRENGTH 9:15-10:00 am STUDIO A/B **Instructor:** Alyssa Channin	**SILVER SNEAKERS STRENGTH*** 11:00-11:45 am STUDIO A/B **Instructor:** Cathy Pinner	**SPIN**** 9:00-9:45 am SPIN STUDIO **Instructor:** Laurie Kreigsman	**OSTEOBLAST** 11:45 am-12:30 pm STUDIO A/B **Instructor:** Melissa Levine	**FULL BODY STRENGTH** 10:00-10:45 am STUDIO A/B **Instructor:** Joy Kubelka	**NEW DRUMS ALIVE**** 8:30-9:15 am STUDIO A/B **Instructor:** Eric Spar	**SPIN**** 8:30-9:15 am SPIN STUDIO **Instructor:** Sean Roemig
PEDAL+POWER** 10:15-11:15 am SPIN STUDIO **Instructor:** Alyssa Channin	**PEDAL+POWER**** 11:30 am-12:30 pm SPIN STUDIO **Instructor:** Laurie Kreigsman	**ZUMBA** 9:30-10:30 am STUDIO A/B **Instructor:** Cari Leitner	**CHAIR YOGA** 12:45 pm-1:30 pm STUDIO A/B **Instructor:** Cathy Darcy	**XPRESSFIT**** 10:15 -10:45 am SPIN STUDIO **Instructor:** Samantha Cohen	**HIIT MIX** 9:30-10:15 am STUDIO A/B **Instructor:** Joy Kubelka	**ZUMBA** 9:45-10:45 am STUDIO A/B **Instructor:** Cari Leitner
ZUMBA 10:15-11:15 am STUDIO A/B **Instructor:** Rachel Drossman	**ESSENTRICS**** 12:00-1:00 pm STUDIO A/B **Instructor:** Pamela Flash	**AQUAFIT**** 11:00-11:45 am POOL **Instructor:** Alize Margulis	**SPIN**** 3:45-4:30 pm SPIN STUDIO **Instructor:** Alyssa Channin	**SENIOR CARDIOFIT** 11:00-11:45 am STUDIO A/B **Instructor:** Evelyn Regan	**AQUAFIT**** 10:00-10:45 am POOL **Instructor:** Elvia Reynolds	
	NEW FULL BODY STRENGTH** 5:00-5:45 pm STUDIO A/B **Instructor:** Patrice Mullen	**CHAIR YOGA** 11:00-11:45 am STUDIO A/B **Instructor:** Cathy Darcy	**FULL BODY STRENGTH** 6:00-6:45 pm STUDIO A/B **Instructor:** Alyssa Channin	**AQUAFIT**** 12:00-12:45 pm POOL **Instructor:** Evelyn Regan	**SILVER SNEAKERS STRENGTH*** 10:30-11:15 am STUDIO A/B **Instructor:** Joyce Michaels	
	NEW YOGA** 6:00-6:45 pm STUDIO A/B **Instructor:** Patrice Mullen	**TAI CHI**** 12:00-12:45 pm STUDIO A/B **Instructor:** Carmine Lindo	**SPIN**** 6:00-6:45 pm SPIN STUDIO **Instructor:** Russell Horowitz	**NEW PEDAL+POWER**** 4:30-5:30 pm SPIN STUDIO **Instructor:** Alyssa Channin	**CHAIR YOGA** 11:30 am-12:15 pm STUDIO A/B **Instructor:** Elana Weiss	
	SPIN** 6:00-6:45 pm SPIN STUDIO **Instructor:** Russell Horowitz	**SILVER SNEAKERS STRENGTH** 1:00-1:45 pm STUDIO A/B **Instructor:** Joyce Michaels	**ZUMBA** 7:00-8:00 pm STUDIO A/B **Instructor:** Carrie Dale	**PEDAL+POWER**** 5:45-6:45 pm SPIN STUDIO **Instructor:** Joy Kubelka		
	XPRESSFIT** 7:00-7:30 pm SPIN STUDIO **Instructor:** Russell Horowitz	**NEW DRUMS ALIVE**** 4:30-5:15 pm STUDIO A/B **Instructor:** Eric Spar		**YOGA**** 5:45-6:45 pm STUDIO A/B **Instructor:** Heidi Wolpow		
	ZUMBA 7:00-8:00 pm STUDIO A/B **Instructor:** Michal Cohen-Ertel	**PEDAL+POWER**** 5:45-6:45 pm SPIN STUDIO **Instructor:** Samantha Cohen		**NEW SPIN**** 7:00-7:45 pm SPIN STUDIO **Instructor:** Stephen Shulman		
		PILATES FUSION** 5:45-6:45 pm STUDIO A/B **Instructor:** Sonia Davila				
		NEW ZUMBA+LIFT 7:00-8:00 pm STUDIO A/B **Instructor:** Doreen Rose				
		NEW CIRCL MOBILITY 8:15-9:00 pm STUDIO A/B **Instructor:** Doreen Rose				

REFORMER Pilates Session Schedule

SEMI-PRIVATE – 3 People per Session

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner Level 9:00-9:50 am PILATES STUDIO **Instructor:** Debra Steuart		Beginner Level 9:00-9:50 am PILATES STUDIO **Instructor:** Lorna Sophocleous	Beginner Level 10:30-11:20 am PILATES STUDIO **Instructor:** Debra Steuart	Beginner/Intermediate Level 10:00-10:50 am PILATES STUDIO **Instructor:** Lorna Sophocleous		**NEW** **Myofascial Release** 8:15 am-9:05 am PILATES STUDIO **Instructor:** Debra Steuart
Beginner Level 10:00-10:50 am PILATES STUDIO **Instructor:** Debra Steuart		Beginner Level 10:00-10:50 am PILATES STUDIO **Instructor:** Lorna Sophocleous	**NEW** **Myofascial Release** 11:30 am-12:20 pm PILATES STUDIO **Instructor:** Debra Steuart	Beginner Level 11:00-11:50 am PILATES STUDIO **Instructor:** Lorna Sophocleous		Beginner/Intermediate Level 9:15-10:05 am PILATES STUDIO **Instructor:** Debra Steuart
		Beginner/Intermediate Level 11:00-11:50 am PILATES STUDIO **Instructor:** Lorna Sophocleous	Beginner Level 12:30-1:20 pm PILATES STUDIO **Instructor:** Debra Steuart	Beginner Level 6:30-7:20 pm PILATES STUDIO **Instructor:** Debra Steuart		Beginner Level 10:15-11:05 am PILATES STUDIO **Instructor:** Debra Steuart
		Intermediate Level 4:30-5:20 pm PILATES STUDIO **Instructor:** Sonia Davila	Beginner Level 4:00-4:50 pm PILATES STUDIO **Instructor:** Sonia Davila	Beginner Level 7:30-8:20 pm PILATES STUDIO **Instructor:** Debra Steuart		
		NEW **Myofascial Release** 5:30 pm-6:20 pm PILATES STUDIO **Instructor:** Debra Steuart	Intermediate Level 5:00-5:50 pm PILATES STUDIO **Instructor:** Sonia Davila			
		Beginner Level 6:30-7:20 pm PILATES STUDIO **Instructor:** Debra Steuart	Intermediate Level 6:00-6:50 pm PILATES STUDIO **Instructor:** Sonia Davila			

Purchase a package to get started at miyjcc.org

Register on MyJ app or to pre-book sessions email jkubelka@miyjcc.org

Check MyJ app for date availability. Must cancel any booked sessions 24 hours prior to session. Any no shows will be charged a session.

Failure to take the previous level before progressing to the next level could result in injury. Ask one of the instructors to evaluate you to see if you are ready to move to the next level.

For more information, call 516.822.3535.

*Silver Sneakers classes are offered FREE to 60+ who are members of an eligible health plan. **Must be a PLUS member to take all other FlexFIT classes.**

** Virtual/Zoom option not available.

$ Class requires fee to attend. Go to miyjcc.org to purchase.

MID ISLAND YJCC The Center of it ALL

45 Manetto Hill Road, Plainview
516.822.3535 miyjcc.org

PROUD PARTNER UJA Federation NEW YORK

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