

WINTER/SPRING SEMESTER CALENDAR 2012
FITNESS AND RECREATION DEPARTMENT
∞ FLEXFIT and ✕ SPECIALTY CLASSES

SUNDAY CLASSES

Jan 8 ∞, Jan 15 ✕, 22, 29, Feb 5, 12, 19, 26, March 4, 18, 25, ✕17 weeks
April 1, 15, 22, 19, May 6, 13

MONDAY

Jan 2 ∞Jan 9, Jan 16 ✕, 23, 30, Feb 6, 13, 20, 27, March 5, 12, 19, 26, ✕18 weeks
April 2, 9, 16, 23, 30, May 7, 14

TUESDAY

Jan 3 ∞, Jan 10, Jan 17✕, 24, 31, Feb 7, 14, 21, 28, March 6, 13, 20, 27, ✕18 weeks
April 3, 10, 17, 24, May 1, 8, 16

WEDNESDAY

Jan 4 ∞, Jan 11, Jan 18 ✕, 25, Feb 1, 8, 15, 22, 29, March 7, 14, 21, 28, ✕18 weeks
April 4, 11, 18, 25, May 2, 9, 17

THURSDAY

Jan 5 ∞, Jan 12, Jan 19 ✕, 25, Feb 2, 9, 16, 23, March 1, 8, 15, 22, 29, ✕18 weeks
April 5, 12, 19, 26, May 3, 10, 17

FRIDAY

Jan 6 ∞, Jan 13, Jan 20 ✕, 27, Feb 3, 10, 17, 24, March 2, 9, 16, 23, 30, ✕17 weeks
April 6, 20, 27, May 4, 11, 18

Please check the Y Alerts and www.miyjcc.org for any changes, new offerings or cancelations

For more information contact Barbara Sachs-Traina x 317

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Sampler 9:30-10:30am Room 201 FW12-FS01	Heart Smart 8-9 am Room 201 FW12-HS11	Essential Stretch 8:45-9:15 am Room 201 FW12-KB12	GUT Buster 8:45-9:15 am Room 201 FW12-GB14	Body Specific 9:15-9:45 am JCC Xpress FW12-BS23	Total Body Toning 9:30-10:30 am Room 203 FW12-TB35
	Power Hour 9:30-10:30 am JCC Express/201 FW12-PH11	Kickboxing 9:30-10:30 am Room 201 FW12-KB12	Total Body Toning 9:30-10:30 am JCC Express FW12-TB23	Osteoblast 11 10:35-11:20am Room 201 FW12-OB44	50+ Aero-Circuit 10-10:45 am Room 201 FW12-AC15
	**MS SWIM 10:35-11:35 JCC Express FW12-MS11 	ABSolGlute 9:25-10:25 JCC Express FW12-AB12	**MS SWIM 10:05-11:05 FW12-MS23 	Total Body Toning 7:40-8:40 pm Room 201 FW12-TB24	
	Osteoblast I 11-11:45 am Room 201 FW12-OB11	Beginner's Yoga 10:30-11:15 JCC Xpress FW12-BY22	Osteoblast 11-11:45 am Room 201 FW12-OB33		
	Instructors Choice 1-2 pm Room 201 FW12-IC11	Osteoblast 10:30-11:15 Room 201 FW12-OB22	Instructors Choice 1-2 pm Room 201 FW12-IC23		
	Muscle Jam 7:35-8:35 pm Room 201 FW12-MU11	Total Body Toning 6-7 pm Room 201 FW12-TB12	Butt & Gutt 7-8 pm JCC Express FW12-BG13		

Class Day	Start Dates	Class Day	Start Dates
Sunday	January 8	Wednesday	January 4
Monday	January 2	Thursday	January 5
Tuesday	January 3	Friday	January 6

 Flex Fit classes- Free to members Non-member - \$10 drop-in fee or 10 week passport for \$90






*Schedule & Classes subject to change - check website www.miyjcc.org

Please see JCC Holiday closings for cancellation of classes

For more information contact Barbara Sachs-Traina ext 317

**register with the MS Society of Long Island

Mid-Island Y JCC SPECIALTY and WATER EXERCISE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pop Pilates 10-11am Boardroom FW12-PP11 M-\$176 NM-\$224	Hatha Yoga 9:30-10:30 am JCC Xpress FW12-HY11 M-\$198 NM-\$252	Senior Water 9:15-10am FW12-SW12 M-\$162 NM-\$198 	Senior Water 9:15-10am FW12-SW13 M-\$162 NM-\$198 	Senior Water 9:15-10am FW12-SW14 M-\$162 NM-\$198 	FloYoga 9:45-10:45 am JCC Express FW12-FY25 M-\$160 NM-\$230
Zumba 10:45-11:45am Room 201 FW12-ZU10 M-\$176 NM-\$224	*Silver Sneakers 10-10:45am Room 203	Silver Sneakers 10:10-10:55am Room 203	*Silver Sneakers 9:10-9:55 Room 203	Hula Hoop It Up! 9:30-10:30am Upstairs Gym FW12-HH14 M-\$198 NM-\$252	*Silver Sneakers 11-11:45am Room 203
	*Silver Sneakers 11-11:45am Room 203	Water Aerobics 8-9pm FW12-WA12 M-\$162 NM-\$198 	Zumba 9:30-10:30 am Aud A FW12-ZU13 M-\$198 NM-\$252	*Silver Sneakers Cardio 10:45-11:30am Room 203	DRUMS ALIVE! 12-12:45pm Room 203 FW12-DA15 M \$160 NM \$230
	NEW Restorative Yoga 6-7:15pm Room 201 FW12-RY11 M \$198 NM &252	NEW POP Pilates 6-7pm JCC Xpress FW12-PP22 M-\$198 NM- \$252	Kundalini Yoga 10-11:30 am Boardroom FW12-YL13 M-\$252 NM-\$324		
			*Silver Sneakers Cardio 10:15-11am Room 203		
			Pre-Teen Talk/Tone 5:15-6:15pm 8-11yrs 6:30-7:30pm 11-14yrs FW12-TT13/23 Room 201 10 weeks M-\$100 NM-\$150		
			HulaHoop Dance/Tone 8-9pm Room 201 FW12-HP13 M-\$198 NM-\$252		
			Not Your Child's Swim Lesson 7:30-8:15pm Wed WT12-NY13 M \$100 NM \$150 		

For more info call
Barbara EXT 317

WINTER -SPRING 2012

Class Day	Start Dates	Session Length	Class Day	Start Dates	Session Length
Sunday	Jan. 15	16 weeks	Wednesday	Jan. 18	18 weeks
Monday	Jan. 16	18 weeks	Thursday	Jan. 19	18 weeks
Tuesday	Jan. 17	18 weeks	Friday	Jan. 20	17 weeks

Specialty classes-M \$10 drop- in fee Non-member - \$13 drop-in fee

Schedule & Classes subject to change –check web www.miyjcc.org Check Holiday JCC closings for cancellations –

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

Punch Cards available to those who do not qualify through their health insurance : 10 sessions M \$40 NM \$80 FS11-SSPC