

**CONTACT INFORMATION**

Phone: (718) 354-4407  
 Email: Deirdre.P.O'Brien@uscg.mil  
 Website: secnymwr.com

**HOURS OF OPERATION**

Monday - Friday: 0600-2100  
 Saturdays / Holidays: 0800-1600  
 Sunday: 1200-1600



**SECTOR NY FITNESS CALENDAR August 2017**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>SPIN</b> Join our certified Spinning instructors in the gym's designated spin room. Different styles and music keep a fresh and energized atmosphere for every class!</p>			<b>1</b>	<b>2</b> Spin 6:15	<b>3</b> Pick Up B-ball 1130	<b>4</b> Spin 6:15	<b>5</b>
	<p><b>PICK-UP BASKETBALL</b> Open for all, pickup games happens M-F from 11:30-13:00</p>	<b>6</b>	<b>7</b> Pick Up B-Ball 1130 Teen Spin 7PM	<b>8</b> Pick Up B-Ball 1130	<b>9</b> Spin 6:15 Indoor Soccer 11:30	<b>10</b> Power Yoga 1130 Pick Up B-ball 1130	<b>11</b> Spin 6:15
<p><b>INDOOR SOCCER</b> Every Wed from 1130-1300 held at basketball court</p>		<b>13</b>	<b>14</b> Pick Up B-Ball 1130 Teen Spin 7PM	<b>15</b> Power Yoga 1130 Pick Up B-Ball 1130	<b>16</b> Spin 6:15 Indoor Soccer 11:30	<b>17</b> Pick Up B-Ball 1130	<b>18</b> Spin 6:15
	<p><b>POWER YOGA</b> All levels Power yoga is combined elements of classical yoga, Ashtanga, Iyengar and Bikram yoga to build a practice that brings personal transformation in body, mind and soul.</p>	<b>20</b>	<b>21</b> Pick Up B-Ball 1130 NO TEEN SPIN	<b>22</b> Pick Up B-Ball 1130	<b>23</b> NO SPIN Indoor Soccer 11:30	<b>24</b> Power Yoga 1130 Pick Up B-Ball 1130	<b>25</b> NO SPIN
<p><b>TEEN SPIN</b> Ages 13 and up Anyone under 16 needs a parent/guardian to sign them in for this new program designed for teens Join our certified Spinning instructors in the gym's designated spin room.</p>		<b>27</b>	<b>28</b> Pick Up B-Ball 1130 NO TEEN SPIN	<b>29</b> Power Yoga 1130 Pick Up B-Ball 1130	<b>30</b> NO SPIN Indoor Soccer 11:30	<b>31</b> Pick Up B-Ball 1130	