

CONTACT INFORMATION

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HOURS OF OPERATION

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



**SECTOR NY FITNESS CALENDAR
 SEPTEMBER 2017**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SPIN 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>						1 NO SPIN Pick-Up Basketball @ 11:30am	2
<p>PICK-UP BASKETBALL Open for all, pickup games happens M-F @ 11:30</p>							
<p>KIDS MUSIC & MOVEMENT FITNESS CLASS This 45 min class will show our little ones how much fun fitness can be! We will go over basics of warm ups, cardio, muscle and body awareness and stretching with songs and props. Spots are limited. Email Angela Evans @ evans.twins@gmail.com to reserve your spot.</p>	3	4 Pick Up Basketball @ 11:30am	5 Pick-Up Basketball @ 11:30am Spin with Aimee @ 5:30pm	6 Spin with Karin @ 6:15am Pick Up B-Ball 11:30am	7 Power Yoga with Liz @ 6:15am Pick Up Basketball @ 11:30am	8 Spin with Karin @ 6:15am Pick-Up Basketball @ 11:30am	9 Spin with Aimee @ 9:30am
	10	11 Angela's Stroller Strength Class @ 10:00am Pick-Up Basketball @ 11:30am	12 Pick-Up Basketball @ 11:30am Spin with Aimee @ 5:30pm	13 Spin with Karin @ 6:15am Angela's Kids Fitness Class @ 10:00am Pick-Up Basketball @ 11:30am	14 Pick-Up Basketball @ 11:30am	15 Spin with Karin @ 6:15am Pick-Up Basketball @ 11:30am	16 Spin with Aimee @ 9:30am
<p>POWER YOGA 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>	17	18 Angela's Stroller Strength Class @ 10:00am Pick-Up Basketball @ 11:30am	19 Pick-Up Basketball @ 11:30am Spin with Aimee @ 5:30pm	20 Spin with Karin @ 6:15am Angela's Kids Fitness Class @ 10:00am Pick-Up Basketball @ 11:30am	21 Power Yoga with Liz @ 11:30am Pick-Up Basketball @ 11:30am	22 Spin with Karin @ 6:15am Pick-Up Basketball @ 11:30am	23 Spin with Aimee @ 9:30am
	24	25 Angela's Stroller Strength Class @ 10:00am Pick-Up Basketball @ 11:30am	26 Power Yoga with Liz @ 11:30am Pick Up Basketball @ 11:30am	27 Spin with Karin @ 6:15am Angela's Kids Fitness Class @ 10:00am Pick-Up Basketball @ 11:30am	28 Pick-Up Basketball @ 11:30am	29 Spin with Karin @ 6:15am Pick-Up Basketball @ 11:30am	30 Spin with Aimee @ 9:30am
<p>ANGELA'S STROLLER STRENGTH CLASS A workout for moms! A Bootcamp type class with a full body strength, cardio and stretching with your little ones riding along. Bring resistance bands, yoga mats or beach towel if you have them. If you are a brand new mom, please have your doctors clearance to workout.</p>							