

CONTACT INFORMATION

Phone: (718) 354-4417
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HOURS OF OPERATION

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



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!

PICK-UP BASKETBALL
 Open for all, pickup games happens M-F @ 11:30

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.**

ANGELA'S FAMILY FRIENDLY BOOTCAMP
 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.

POWER YOGA
 Taught by a certified yoga teacher. Power yoga combines elements of classical yoga, Ashtanga, Iyengar and Bikram yoga to build a practice that brings personal transformation in body, mind and soul.

SECTOR NY FITNESS CALENDAR						
NOVEMBER 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Spin with Karin 6:15am Angela's Kids Music & Movement @ 9:30 am & 10:30 am Basketball @ 11:30am	2 Pick-Up Basketball @ 11:30am Power Yoga with Liz @ 11:30am	3 Spin with Karin 6:15am NO ANGELA'S BOOTCAMP Basketball 11:30am	4 Spin with Aimee @ 9:30 am
5	6 Angela's Family Friendly Boot camp @ 9:30am Pick-Up Basketball @ 11:30am	7 Basketball 11:30am Power Yoga with Liz @ 11:30am Spin with Aimee @ 5:30pm	8 Spin with Karin 6:15am Angela's Kids Music & Movement @ 9:30 am & 10:30 am Basketball @ 11:30am	9 Pick Up Basketball @ 11:30am Power Yoga with Liz @ 11:30am	10 VETERANS DAY HOLIDAY HOURS 1200-1600	11 Spin with Aimee @ 9:30 am
12	13 NO ANGELA'S BOOTCAMP Pick-Up Basketball @ 11:30am	14 Pick-Up Basketball @ 11:30am Spin with Aimee @ 5:30pm	15 Spin with Karin 6:15am NO ANGELA'S KIDS MUSIC & PLAY Basketball @ 11:30am	16 Power Yoga with Liz @ 11:30am Pick-Up Basketball @ 11:30am	17 Spin with Karin 6:15am Angela's Family Friendly Boot camp 9:30am Basketball 11:30am	18 Spin with Aimee @ 9:30 am
19	20 Angela's Family Friendly Boot camp @ 9:30am Pick-Up Basketball @ 11:30am	21 Basketball 11:30am NO SPIN WITH AIMEE Power Yoga with Liz @ 11:30am	22 Spin with Karin 6:15am Angela's Kids Music & Movement @ 9:30 am & 10:30 am Basketball @ 11:30am	23 HAPPY THANKSGIVING GYM CLOSED 	24 NO SPIN WITH KARIN Angela's Family Friendly Boot camp 9:30am Basketball 11:30am	25 NO SPIN WITH AIMEE
26	27 Angela's Family Friendly Boot camp @ 9:30am Pick-Up Basketball @ 11:30am	28 Pick-Up Basketball @ 11:30am Spin with Aimee @ 5:30pm	29 Spin with Karin 6:15am Angela's Kids Music & Movement @ 9:30 am & 10:30 am Basketball @ 11:30	30 Pick-Up Basketball @ 11:30am Power Yoga with Liz @ 11:30am		

