

CONTACT INFORMATION

Phone: (718) 354-4417
 Email: Peter.j.lewis@uscg.mil
 Website: secnymwr.com

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						
JANUARY 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEAR'S DAY GYM CLOSED	2 Sector NY Running Club 0630 Pick-Up Basketball 11:30am	3 Spin with Karin 6:15am Pick-Up Basketball @11:30am	4 Sector NY Running Club 0630 Pick-Up Basketball @ 11:30am	5 Spin with Karin 6:15am Pick-Up Basketball 1@1:00am	6 Spin with Aimee @ 9:30 am
7	8 Pick-Up Basketball @11:00am	9 Sector NY Running Club 0630 Pick-Up Basketball @11:30am	10 Spin with Karin 6:15am Pick-Up Basketball @ 1:30am	11 Sector NY Running Club 0630 Pick Up Basketball @ 11:30am	12 Spin with Karin 6:15am Pick-Up Basketball @11:00am	13 Spin with Aimee @ 9:30 am
14	15 Martin L. King Day Open 12:00pm-4:00pm	16 Sector NY Running Club 0630 Pick-Up Basketball @ 11:30am	17 Spin with Karin 6:15am Pick-Up Basketball @11:30am	18 Sector NY Running Club 0630 Pick-Up Basketball @ 11:30am	19 Spin with Karin 6:15am Intramural Volleyball @11:00am Pick-Up Basketball @12:00pm	20 Spin with Aimee @ 9:30 am
21	22 Intramural Volleyball @11:00am Pick-Up Basketball @12:00pm	23 Sector NY Running Club 0630 Pick-Up Basketball 11:30am	24 Spin with Karin 6:15am Pick-Up Basketball @11:30am	25 Sector NY Running Club 0630 Pick-Up Basketball @ 11:30am	26 Spin with Karin 6:15am Intramural Volleyball @11:00am Pick-Up Basketball @12:00pm	27 Spin with Aimee @ 9:30 am
28	29 Intramural Volleyball @11:00am Pick-Up Basketball @12:00pm	30 Sector NY Running Club 0630 Pick-Up Basketball @ 11:30am	31 Spin with Karin 6:15am Pick-Up Basketball @11:30			