CONTACT INFORMATION

Phone: (718) 354-4417 / (718) 354-4407
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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!

OPEN BASKETBALL
Open for all, pickup games happens Tu. & Th. @ 1100

KIDS MUSIC & MOVEMENT FITNESS CLASS
Show our little ones how much fun fitness can be!

Little League (Baseball)
Baseball League host practice for 7-12 year olds that are interested in the league.

Open Volleyball
Monday after the intramurals finishes their games, the nets will be left up from 1200-1300 for pick-up games.

Running Club
Every Tuesday and Thursday at 0630 take the 1.5 mile overlook lap starting and ending at the gym.

Open Gym
Open Time available in the gym to participate in particular sports or activities.

Intramural Sports
Friendly Sports Competitions throughout the year.

Flag Football
Passing drills practice for boys 8-9 years of age.

SECTOR NY FITNESS CALENDAR
March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Running Club 0630 Open Basketball 1100 Baseball 1830	2 Spin with Karin 0615 Volleyball 1100	3 Soccer Practice 0900 Spin with Aimee 0930
4	5 Volleyball 1100 Open Volleyball 1200 Spin with Karin - "It Takes Two" 1600 Soccer Practice 1800	6 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Flag Football 0000 Spin with Aimee 1730 Flag Football 1730	7 Spin with Karin 0615 Indoor Soccer 0715 Kids Fitness 0930 Volleyball 1100 Open Basketball 1200 Baseball 1830	8 Running Club 0630 Open Basketball 1100 Girls Soccer 1930	9 Spin with Karin 0615 Volleyball 1100	10 Soccer Practice 0900 Spin with Aimee 0930
11	12 Volleyball 1100 Open Volleyball 1200 Soccer Practice 1800	13 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Flag Football 0000 Spin with Aimee 1730 Flag Football 1730	14 Spin with Karin 0615 Indoor Soccer 0715 Kids Fitness 0930 Volleyball 1100 Open Basketball 1200 Baseball 1830	15 Running Club 0630 Open Basketball 1100 Girls Soccer 1930	16 Spin with Karin 0615 Volleyball 1100	17 Soccer Practice 0900 Spin with Aimee 0930
18	19 Volleyball Playoff's 1100 Open Volleyball 1200 Soccer Practice 1800	20 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Flag Football 0000 Spin with Aimee 1730 Flag Football 1730	21 Spin with Karin 0615 Indoor Soccer 0715 Kids Fitness 0930 Volleyball Playoff's 1100 Open Basketball 1200 Baseball 1830	22 Running Club 0630 Open Basketball 1100 Girls Soccer 1930	23 Spin with Karin 0615 Volleyball Championship 1100	24 Soccer Practice 0900 Spin with Aimee 0930
25	26 Open Volleyball 1200 Soccer Practice 1800	27 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Flag Football 0000 Spin with Aimee 1730 Flag Football 1730	28 Spin with Karin 0615 Indoor Soccer 0715 Open Basketball 1200 Baseball 1830	29 March Madness 3 on 3 Tournament Morale day Girls Soccer 1930	30 Spin with Karin 0615	31 Soccer Practice 0900 Spin with Aimee 0930