

CONTACT INFORMATION

Phone: (718) 354-4417 / (718) 354-4407
 Email: Peter.j.lewis@uscg.mil / uscgsectornymwr@gmail.com
 bsite: secnymwr.com

HOURS OF OPERATION

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



**SECTOR NEW YORK FITNESS CALENDAR
 OCTOBER 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 GYM HOURS 0600-2100 <u>BASKETBALL COURT CLOSED - TRAINING</u> Adult Yoga - Iowa Circle w/ Elizabeth @ 1115	2 GYM HOURS 0600-2100 <u>BASKETBALL COURT CLOSED - TRAINING</u> Running Club 0630 Spin with Aimee 1145	3 GYM HOURS 0600-2100 <u>BASKETBALL COURT CLOSED - TRAINING</u> Spin with Karin 0615	4 HOURS 0600-2100 <u>BASKETBALL COURT CLOSED - TRAINING</u> Running Club 0630 Intramural Sports Corn Hole 1100-1300 Spin with Aimee 1145	5 GYM HOURS 0600-2100 <u>BASKETBALL COURT CLOSED - TRAINING</u> NO SPIN with Karin Open Basketball 1100	6 GYM HOURS 0800-1600
7 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	8 COLUMBUS DAY HOLIDAY GYM HOURS 1200-1600 Adult Yoga - Iowa Circle w/ Elizabeth @ 1115	9 GYM HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Spin with Aimee 1145 Beginner Spin 1900	10 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	11 HOURS 0600-2100 Running Club 0630 Open Basketball 1100 Intramural Sports Corn Hole 1100-1300 Spin with Aimee 1145	12 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	13 GYM HOURS 0800-1600
14 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	15 GYM HOURS 0600-2100 Open Basketball 1100 Adult Yoga - Iowa Circle w/ Elizabeth @ 1115	16 HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Spin with Aimee 1145 <u>CWO GOLF TOURNAMENT</u>	17 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	18 HOURS 0600-2100 Running Club 0630 Open Basketball 1100 Intramural Sports Corn Hole 1100-1300 Spin with Aimee 1145 Kids Yoga @ FMC 1600	19 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	20 GYM HOURS 0800-1600
21 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	22 GYM HOURS 0600-2100 Open Basketball 1100 Adult Yoga - Iowa Circle w/ Elizabeth @ 1115	23 GYM HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Spin with Aimee 1145	24 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	25 HOURS 0600-2100 Running Club 0630 Open Basketball 1100 Intramural Sports Corn Hole @ 1100 Spin with Aimee 1145 Kids Yoga @ FMC 1600	26 GYM HOURS 0600-2100 Spin with Karin 0615 NO Open Basketball 1100 <u>SPOUSES CLUB HALLOWEEN PARTY</u>	27 GYM HOURS 0800-1600
28 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	29 GYM HOURS 0600-2100 Open Basketball 1100 Adult YOGA on Iowa Circle with Elizabeth @ 1115	30 GYM HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Spin with Aimee 1145	31 GYM HOURS 0600-2100 Spin with Karin 0615 NO Open Basketball <u>HALLOWEEN DODGEBALL TOURNAMENT</u>			

- SPIN CLASSES**
Our certified spin instructors with different styles & music to keep an energized atmosphere!
- OPEN BASKETBALL**
Pick-up games.
- Running Club**
Every Tuesday and Thursday at 0630. Meet in the GYM lobby.
- Kids Open Gym**
Fun activities, comradery and playtime for parents & kids.
- Intramural Sports**
Corn Hole Tournament from SEPT-NOV
- Yoga Classes for Kids @ FMC**
Certified yoga teacher at the Deck House Family Meeting Center. Classes for all kids ages 6-11.
- Adult Yoga on the Lawn**
Mindful Yoga Flow for all levels on the grass at Iowa Circle in Family Housing. Open to EVERYONE!!

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