

CONTACT INFORMATION

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HOURS OF OPERATION

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



SPIN CLASSES
 Our certified spin instructors with different styles & music to keep an energized atmosphere!

OPEN BASKETBALL
 Pick-up games.







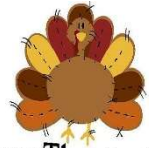
Running Club
 Every Tuesday and Thursday at 0630. Meet in the GYM lobby.

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

Adult Yoga on the Lawn or FMC for Bad Weather
 Mindful Yoga Flow for all levels on the grass at Iowa Circle in Family Housing. Open to EVERYONE!!

SECTOR NEW YORK FITNESS CALENDAR NOVEMBER 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HOURS 0600-2100 Running Club 0630 Intramural Sports Corn Hole 1100-1300 Spin with Aimee 1145 Kids Yoga @ FMC AGES 4-10 (1600-1630) AGES 11-17 (1630-1730)	2 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	3 GYM CLOSED FOR MARATHON
4 GYM CLOSED FOR MARATHON 	5 GYM HOURS 0600-2100 Open Basketball 1100 ADULT YOGA with Elizabeth @ 1115	6 GYM HOURS 0600-2100 Basketball Court SECURED for Training Running Club 0630 NO KIDS GYM Spin with Aimee 1145	7 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	8 HOURS 0600-2100 Running Club 0630 Intramural Sports Corn Hole 1100-1300 Spin with Aimee 1145 Kids Yoga @ FMC AGES 4-10 (1600-1630) AGES 11-17 (1630-1730)	9 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	10 GYM HOURS 0800-1600
11 GYM HRS 1200-1600 VETERANS DAY PARADE IN NYC 	12 GYM HRS 1200-1600 ADULT YOGA with Elizabeth @ 1115 	13 GYM HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 Spin with Aimee 1145	14 GYM HRS 0600-2100 Spin with Karin 0615 Open Basketball 1100 TURKEY BOWL & CHILI 	15 HOURS 0600-2100 Running Club 0630 Intramural Sports Corn Hole 1100-1300 NO SPIN WITH AIMEE Kids Yoga @ FMC AGES 4-10 (1600-1630) AGES 11-17 (1630-1730)	16 GYM HRS 0600-2100 Spin with Karin 0615 CORNHOLE CHAMPIONSHIPS 1100-1300 	17 GYM HOURS 0800-1600
18 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	19 GYM HOURS 0600-2100 Open Basketball 1100 ADULT YOGA with Elizabeth @ 1115	20 GYM HRS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 NO SPIN WITH AIMEE SPOUSES CLUB BAKE SALE IN GALLEY 1100-1500	21 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100 SPOUSES CLUB BAKE SALE IN GALLEY 1100-1500	22 GYM CLOSED  Happy Thanksgiving	23 GYM HOURS 0800-1600 NO CLASSES	24 GYM HOURS 0800-1600
25 GYM HOURS 1200-1600 Family Fun Day Kids activities & community comradery from 1200-1330.	26 GYM HOURS 0600-2100 Open Basketball 1100 ADULT YOGA with Elizabeth @ 1115	27 GYM HOURS 0600-2100 Running Club 0630 Kids Open Gym 0930 Open Basketball 1100 NO SPIN WITH AIMEE	28 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	29 HOURS 0600-2100 Running Club 0630 Open Basketball 1100 NO SPIN WITH AIMEE Kids Yoga @ FMC AGES 4-10 (1600-1630) AGES 11-17 (1630-1730)	30 GYM HOURS 0600-2100 Spin with Karin 0615 Open Basketball 1100	SECTOR NY HOLIDAY PARTY IS THURSDAY NOV 29 