

# The New York Times

## Sunday Routine: Spiritual Reset for This Brooklyn Nets Host

By: Andrew Cotto

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The Nets' host is on her bike, in the pews and at brunch.

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### SUNDAY ROUTINE

#### ALLY LOVE

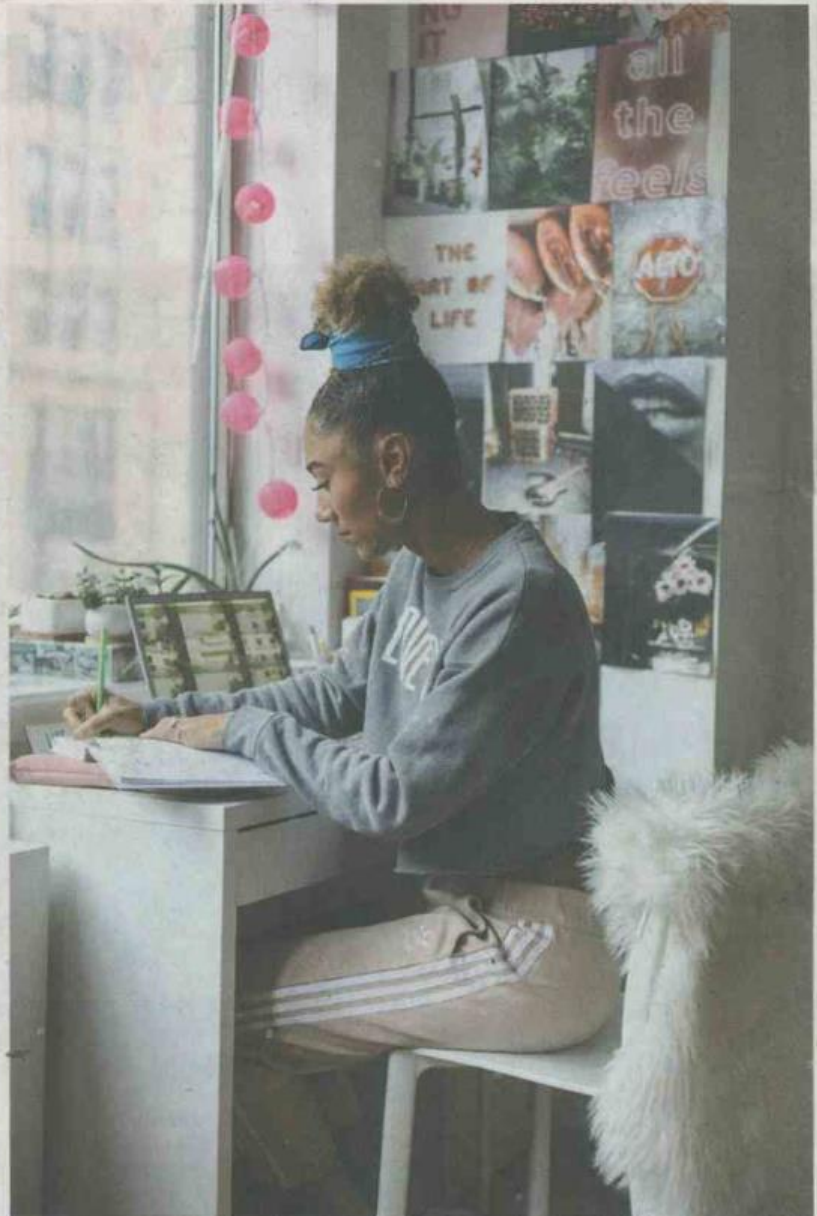
# Spiritual Reset for This Brooklyn Nets Host

Miami-raised and Fordham-educated, Ally Love is the in-arena host of the Brooklyn Nets, an Adidas global ambassador, a Peloton instructor, an Alvin Ailey-trained dancer, a certified health coach and the founder of Love Squad, a company that empowers young women through panel discussions and group workouts. "Sunday is my favorite day of the week," said Ms. Love, who lives in Chelsea. "It's just really nice to be in places that aren't too overwhelmed. I'm always running, on the go, the city is always busy, so to feel the city when it's less busy means a lot to me."

ANDREW COTTO

**TEA, NEWS AND PREP** When I wake up at 7, the city is quiet. You almost feel like the only one up, and I like that feeling. I am not a breakfast person, so I'll have a cup of tea and catch up on news, engage with the social media community; I'll go over my Nets scripts to prepare for games that week.

**GET PUMPED** I go to the 9:30 service at Redeemer Downtown on 14th Street, and I love hearing the sermon. It grounds me, reminds me how great God has been to me, my family and friends, and I leave more knowledgeable. Timothy Keller, the founding pastor of Redeemer in Manhattan, is a well-known author, so I knew I wanted to check out his teaching when I came to New York. I found Redeemer and fell in love with the Bible-based teaching. That's a priority to me. We can all preach on feelings, but teaching on truth is what I live for, and learn from.



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**SPIRIT AND BODY** Right after church, I walk to 23rd Street and teach a 12:45 class at Peloton. It's a live class that is broadcast to all bikes and app members. It's literally my "Feel Good Ride" — the name of the class — as it allows me to bridge the gap of how great I feel from church and being on the bike, working out with thousands of riders at the same time, inspiring them through uplifting and encouraging language. I love

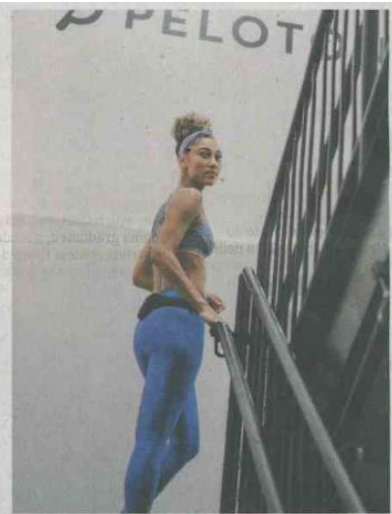
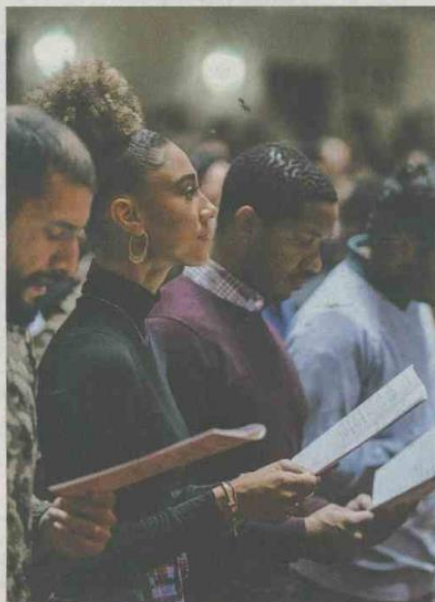
Peloton because of its community. It's not only the leader in the hybrid of technology and fitness, but we are able to build social relationships that are magnified both on the bike, which uses a leader board that syncs with other riders, and off the bike, through real friendships across the country.

**A LITTLE BUSINESS** I'll get off my bike around 1:30 and meet with Faye Farrales, who helps me run Love Squad. It's really informal on Sundays, but we're a small business, so it's important to work in those off-peak hours and get ahead of the game so we know what we're doing and build a strategy for the upcoming week.

**HANG** I meet my friends around 2:30 or 3 for afternoon brunch. My favorite place is Joseph Leonard on Waverly Place in the West Village. There's usually a wait, so we have some drinks at the bar before sitting down. And it really depends on how much fun we're having, but brunch can end anywhere between 5:30 and 6:30. When it's over, I'll go home to change and meet my boyfriend, Andrew.

**THE BOYFRIEND** Andrew and I see each other every day. I start my mornings with him, and sometimes on Sundays he joins for church, and he often comes to class, as well, but we always meet up for comedy and dinner. At 8 we go to the stand-up show at the Village Underground on Third Street. We love to laugh, so comedy is perfect — we thoroughly enjoy and respect those who can get up, live, and make people laugh. Making people laugh on the spot is real talent. Anyone can tell one good joke, but very few people can thread jokes together to tell a story, be impactful, and just make it super funny. My favorite comics include Hasan Minhaj, Stephen Colbert, Kevin James. After the show, we always go around the corner to Mint Masala on Macdougal Street for amazing Indian food. We love the curry chicken and lamb rogan josh.

**BEDTIME SWEET** After dinner, it's about 11 or 11:30, and I'm so ready to go back home where I like to have a small piece of chocolate before I wash my face, brush my teeth, and pray before I hop into bed.



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