



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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### FITNESS COMPLEX HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am to 12 pm & 5 pm to 9 pm	9 am to 12 pm & 5 pm to 9 pm	9 am to 12 pm	9 am to 12 pm & 5 pm to 9 pm	9 am to 12 pm & First Friday Only ( 5 pm to 9 pm)	9 am to 1 pm

### April 2015 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
<b>9:30am-10:30am "Gentle Yoga"</b> 30 10:30 am-12 pm Open Basketball  5 pm-9pm Open Basketball	9 am-12 pm Open Basketball 31  5 pm-9pm Open Basketball	9 am-12 pm 1 Open Basketball "Get Moving" <b>CANCELLED</b> 5 pm-9pm Open Basketball	9 am-12 pm Open Basketball 2  <b>5 pm-9 pm</b> <b>Closed for Maundy Thursday</b>	9am-12 pm 3 Open Basketball  <b>5 pm-9 pm</b> <b>Closed for</b> <b>Good Friday</b>	4  <b>Church Meeting:</b> <b>Open After</b> <b>Meeting</b>
<b>9:30am-10:30am "Gentle Yoga"</b> 6 10:30 am-12 pm Open Basketball  5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	9 am-11 am Open Basketball 7  5 pm-9pm Open Basketball	9 am-12 pm 8 Open Basketball <b>9:30am-10:30am</b> <b>"Get Moving"</b> <b>Exercise Class</b>	9 am-11 am Open Basketball 9  5 pm-7 pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9am-12 pm 10 Open Basketball	10:20 am 11 <b>All-Star</b> <b>Basketball</b> <b>League</b> <b>Game (CFBL)</b>
<b>"Gentle Yoga" Cancelled</b> 13 9 am-12 pm Open Basketball  5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	9 am-11 am Open Basketball 14  5 pm-9pm Open Basketball	9 am-12 pm 15 Open Basketball <b>9:30am-10:30am</b> <b>"Get Moving"</b> <b>Exercise Class</b>	9 am-11 am Open Basketball 16  5 pm-7 pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9am-12 pm 17 Open Basketball	9 am-1 pm 18 <b>Playoffs *</b> <b>(CFBL)</b>
<b>9:30am-10:30am "Gentle Yoga"</b> 20 10:30 am-12 pm Open Basketball  5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	9 am-11 am Open Basketball 21  5 pm-9pm Open Basketball	9 am-12 pm 22 Open Basketball <b>"Get Moving"</b> <b>CANCELLED</b>	9 am-11 am Open Basketball 23  5 pm-7 pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9am-12 pm 24 Open Basketball	9 am-1 pm 25 <b>Championship</b> <b>Game **</b> <b>(CFBL)</b>
<b>9:30am-10:30am "Gentle Yoga"</b> 27 10:30 am-12 pm Open Basketball  5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	9 am-11 am Open Basketball 28  5 pm-9pm Open Basketball	9 am-12 pm 29 Open Basketball <b>9:30am-10:30am</b> <b>"Get Moving"</b> <b>Exercise Class</b>	9 am-11 am Open Basketball 30  5 pm-7 pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	<b>*CFBL Playoffs 4/18:</b> 9:00am FMZ 2 vs. DCCC (Div. 2) 11:35am FMZ 1 vs. Mt. Zion (Div. 1) <b>**Championship Games 4/25:</b> 9:00am Div. 2 Championship game 10:30am Div. 1 Championship game	