



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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### FITNESS COMPLEX HOURS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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

### March 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>27</b> 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	<b>1</b> 9 am-12 pm Open Basketball	<b>2</b> 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>3</b> 9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	<b>4</b> 9am-3 pm <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>6</b> 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	<b>8</b> 9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>9</b> 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>10</b> 9 am-12 pm Open Basketball	<b>11</b> 9 am-3 pm <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>13</b> 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	<b>15</b> 9 am-12 pm Open Basketball	<b>16</b> 9 am-11 am Open Basketball 5 pm-7pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>17</b> 9 am-12 pm Open Basketball	<b>18</b> 9 am-3 pm <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>20</b> 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	<b>22</b> 9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>23</b> 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>24</b> 9 am-12 pm Open Basketball	<b>25</b> 9am-3 pm <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>27</b> 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	<b>29</b> 9 am-12 pm Open Basketball	<b>30</b> 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>31</b> 9 am-12 pm Open Basketball	<b>1</b> <b>Church Meeting; Open After Meeting</b>