



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

June 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
Closed for Memorial Day	29 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	30 9 am-12 pm Open Basketball	31 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	1 9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	2 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	5 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	6 9 am-12 pm Open Basketball	7 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	8 9 am-12 pm Open Basketball	9 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9pm Basketball Floor / Track / Stage Closed. Fitness Room Open	12 9 am-12 pm Basketball Floor / Track / Stage Closed. Fitness Room Open	13 9 am-12 pm Basketball Floor / Track / Stage Closed. Fitness Room Open	14 9 am-12 pm Basketball Floor Closed. Fitness Room and Track Open 9:30 am-10:30 am Walk & Tone	15 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	16 9 am-12 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	19 9 am-12 pm Open Basketball 5 pm-9pm Basketball Floor Closed Fitness Room and Track Open	20 9 am-12 pm Basketball Floor Closed. Fitness Room and Track Open	21 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	22 9 am-12 pm Open Basketball	23 9 am-1 pm Open Basketball
9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Basketball	26 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9 pm Open Basketball	27 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9 pm Open Basketball	28 9 am-12 pm Basketball Floor Closed Fitness Room / Track Open 9:30 am-10:30 am Walk & Tone	29 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	30 9 am-12 pm Open Basketball
					1 9 am-1 pm Open Basketball