



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

May 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Basketball Floor Closed Fitness Room and Track Open	9 am-12 pm Basketball Floor Closed Fitness Room and Track Open	9 am-12 pm Basketball Floor Closed. Fitness Room and Track Open	9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	9 am-3 pm CFBL Playoffs 12:50 pm FMZ vs. St. Francis
5 pm-7:30 pm Basketball Floor Closed 8 pm-8:30 pm BOD4GOD Small Group	5 pm-9pm Basketball Floor Closed Fitness Room and Track Open				
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	9 am-12 pm Open Basketball	9 am-3 pm Christian Fellowship Basketball League Games (CFBL) Playoffs Continue
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	9 am-12 pm Open Basketball	9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	9 am-12 pm Open Basketball	9 am-3 pm Christian Fellowship Basketball League Games (CFBL) Championship Game
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	9 am-12 pm Open Basketball	9 am-1 pm Open Basketball
Closed for Memorial Day	9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	9 am-12 pm Open Basketball	9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 7 pm-8 pm Aerobic Toning	9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	9 am-1 pm Open Basketball