



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	9 am to 1 pm

July 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Basketball	26 Closed for 4th of July	9 am-12 pm 28 Basketball Floor Closed Fitness Room / Track Open 9:30 am-10:30 am Walk & Tone	9 am-12 pm (VBS) 29 Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9 am-12 pm 30 Open Basketball	9 am-1 pm 1 Open Basketball
9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	3 Closed for 4th of July	9 am-12 pm 5 Open Basketball	9 am-12 pm Open Basketball 6 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9 am-12 pm 7 Open Basketball	9 am-1 pm 8 Open Basketball
9 am-12 pm Open Basketball 10 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 11 5 pm-9pm Open Basketball	9 am-12 pm 12 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-11 am Open Basketball 13 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9 am-12 pm 14 Open Basketball	9 am-1 pm 15 Open Basketball
9 am-12 pm Open Basketball 17 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 18 5 pm-9pm Open Basketball	9 am-12 pm 19 Open Basketball	9 am-12 pm Open Basketball 20 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9 am-12 pm 21 Open Basketball	9 am-1 pm 22 Open Basketball
9 am-12 pm Open Basketball 24 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 25 5 pm-9pm Open Basketball	9 am-12 pm 26 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-12 pm Open Basketball 27 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9 am-12 pm 28 Open Basketball	9 am-1 pm 29 Open Basketball