



# 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

### September 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat	
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	28 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	29 9 am-12 pm Open Basketball	30 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball <b>7 pm-9 pm Open Volleyball</b>	31 9 am-12 pm Open Basketball	1 9 am-12 pm Open Basketball	2 <b>Closed for Labor Day Weekend</b>
4 <b>Closed For Labor Day</b>	5 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	6 9 am-12 pm Open Basketball	7 9 am-11 am Open Basketball 5 pm-9 pm Open Basketball	8 9 am-12 pm Open Basketball	9 9 am-1 pm Open Basketball	
11 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	12 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	13 9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	14 5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	15 9 am-12 pm Open Basketball	16 9 am-1 pm Open Basketball	
18 9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small</b>	19 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	20 9 am-12 pm Open Basketball	21 9 am-10 am Open Basketball 5 pm-7pm Open Basketball <b>7 pm-8:30pm Line Dancing</b>	22 9 am-12 pm Open Basketball	23 9 am-1 pm Open Basketball	
25 9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	26 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	27 9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	28 9 am-10 am Open Basketball 5 pm-7pm Open Basketball <b>No Line Dancing Tonight</b>	29 9 am-12 pm Open Basketball	30 9 am-1 pm Open Basketball	