



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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FITNESS COMPLEX HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

November 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 5 pm-9 pm Closed for Fall Carnival	9 am-12 pm Basketball Floor Closed Fitness Room Open	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5pm-9pm Open Basketball	9 am-1 pm Open Basketball
9 am-12 pm Basketball Floor Closed Fitness Room Open 5 pm-9pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open 5 pm-9pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	Closed For Observance of Veteran's Day	Closed For Veteran's Day
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	9 am-12 pm Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball	Closed For Thanksgiving Share
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	Closed For Thanksgiving Day	Closed For The Thanksgiving Holiday	Closed For The Thanksgiving Holiday
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	9 am-12 pm Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Tryouts	9 am-12 pm Open Basketball 5pm-9pm Open Basketball	Church Meeting: Open After Meeting