



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

January 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
<p style="font-size: 2em; font-weight: bold; margin: 0;">Happy NEW YEAR</p> <p style="font-size: 1.2em; margin: 0;">You crown the year with Your goodness, And Your paths drip with abundance. PSALM 65:11</p>			9 am-10 am Open Basketball 28 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice	9 am-12 pm 29 Open Basketball	30 Closed For the New Year's Day Holiday Weekend
Closed For New Year's Day	1 9 am-10 am Open Basketball 2 5 pm-9pm Open Basketball	3 9 am-12 pm Open Basketball	4 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	5 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	6 9 am-2 pm Christian Fellowship Basketball League Games (CFBL)
8 9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	10 9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	11 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	12 9 am-12 pm Open Basketball	13 Closed For the Martin Luther King Day Weekend
Closed For Martin Luther King Day	15 9 am-10 am Open Basketball 16 5 pm-9pm Open Basketball	17 9 am-12 pm Open Basketball	18 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	19 9 am-12 pm Open Basketball	20 9 am-2 pm Christian Fellowship Basketball League Games (CFBL)
22 9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small	23 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	24 9 am-12 pm Open Basketball NO Walk & Tone	25 9 am-10 am Open Basketball 5 pm-7pm Open Basketball NO Aerobic Toning 7 pm-9 pm CFBL Practice	26 9 am-12 pm Open Basketball	27 9 am-2 pm Christian Fellowship Basketball League Games (CFBL)