FIT BY GOD FITNESS COMPLEX
OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST
703-670-0225   email: LValkenburg@FirstMountZionBC.org

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

February 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
29 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	**30** 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	**31** 9 am-12 pm Open Basketball	**1** 9 am-10 am Open Basketball 5 pm-7pm Open Basketball **7 pm-8 pm Aerobic Toning** **7 pm-9 pm CFBL Practice**	**2** 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	**3** **Church Meeting;** **Open After Meeting** **11:35am CFBL**
5 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	**6** 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	**7** 9 am-12 pm Open Basketball	**8** 9 am-10 am Open Basketball 5 pm-7pm Open Basketball **7 pm-8 pm Aerobic Toning** **7 pm-9 pm CFBL Practice**	**9** 9 am-12 pm Open Basketball	**10** **9 am-2 pm Christian Fellowship Basketball League Games (CFBL)**
12 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	**13** 9 am-10 am Open Basketbal 5 pm-9pm Open Basketball	**14** 9 am-12 pm Open Basketball **9:30 am-10:30 am Walk & Tone**	**15** 9 am-10 am Open Basketball 5 pm-7pm Open Basketball **7 pm-8 pm Aerobic Toning** **7 pm-9 pm CFBL Practice**	**16** 9 am-12 pm Open Basketball	**17** **Closed For the President's Day Weekend**
19 **Closed For President's Day**	**20** 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	**21** 9 am-12 pm Open Basketball	**22** 9 am-10 am Open Basketball 5 pm-7pm Open Basketball **7 pm-8 pm Aerobic Toning** **7 pm-9 pm CFBL Practice**	**23** 9 am-12 pm Open Basketball	**24** **9 am-2 pm Christian Fellowship Basketball League Games (CFBL)**
26 9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball **8 pm-8:30 pm BOD4GOD Small**	**27** 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	**28** 9 am-12 pm Open Basketball **9:30 am-10:30 am Walk & Tone**	**1** 9 am-10 am Open Basketball 5 pm-7pm Open Basketball **7 pm-8 pm Aerobic Toning** **7 pm-9 pm CFBL Practice**	**2** 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	**3** **9 am-2 pm Christian Fellowship Basketball League Games (CFBL)**