



# 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

### March 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball <b>26</b> 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise</b>	9 am-10 am Open Basketball <b>27</b> 5 pm-9pm Open Basketball	9 am-12 pm <b>28</b> Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	9 am-10 am Open Basketball <b>1</b> 5 pm-7pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9 am-12 pm <b>2</b> Open Basketball 5pm-9pm Open Basketball	<b>9 am-2 pm 3</b> <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-10 am Open Basketball <b>5</b> 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise</b>	9 am-10 am Open Basketball <b>6</b> 5 pm-9pm Open Basketball	9 am-12 pm <b>7</b> Open Basketball	9 am-10 am Open Basketball <b>8</b> 5 pm-7pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9 am-12 pm <b>9</b> Open Basketball	<b>9 am-2 pm 10</b> <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball <b>12</b> 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise</b>	9 am-10 am Open Basketball <b>13</b> 5 pm-9pm Open Basketball	9 am-12 pm <b>14</b> Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	9 am-10 am Open Basketball <b>15</b> 5 pm-7pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9 am-12 pm <b>16</b> Open Basketball	<b>9 am-2 pm 17</b> <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball <b>19</b> 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise</b>	9 am-10 am Open Basketball <b>20</b> 5 pm-9pm Open Basketball	9 am-12 pm <b>21</b> Open Basketball	9 am-10 am Open Basketball <b>22</b> 5 pm-7pm Open Basketball <b>7 pm-8 pm Aerobic Toning</b> <b>7 pm-9 pm CFBL Practice</b>	9 am-12 pm <b>23</b> Open Basketball	<b>9 am-2 pm 24</b> <b>Christian Fellowship Basketball League Games (CFBL)</b>
9 am-12 pm Open Basketball <b>26</b> 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise</b>	9 am-10 am Open Basketball <b>27</b> 5 pm-9pm Open Basketball	9 am-12 pm <b>28</b> Open Basketball	9 am-10 am Open Basketball <b>29</b> <b>5 pm-9 pm Closed for Maundy Thursday</b>	9 am-12 pm <b>30</b> Open Basketball	9 am-1 pm <b>31</b> Open Basketball