



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

April 2018 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	2	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	3	9 am-12 pm Open Basketball 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	4	9 am-12 pm Open Basketball 5pm-9pm Open Basketball Closed During Church Meeting: CFBL Games After Meeting	5	6	7	
9 am-10 am 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 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	11	9 am-12 pm Open Basketball	12	13	9 am-2 pm Christian Fellowship Basketball League Playoff Games (CFBL)	14
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	16	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	17	9 am-12 pm Open Basketball 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	18	9 am-12 pm Open Basketball	19	20	9 am-2 pm Christian Fellowship Basketball League Playoff Games (CFBL)	21
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	23	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	24	9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	25	9 am-12 pm Open Basketball	26	27	9 am-1 pm Basketball Floor Closed Fitness Room Open	28
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	30	9 am-10 am Open Basketball 5 pm-9pm Open Basketball	1	9 am-12 pm Open Basketball 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	3	4	9 am-2 pm Christian Fellowship Basketball League Championship Game (CFBL)	5