



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 & First Friday Only (5 pm to 9 pm)	9 am to 1 pm

June 2018 Fitness Complex Events (updated June 4th)

Mon	Tue	Wed	Thu	Fri	Sat
<b style="color: red;">Closed for Memorial Day	28 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	29 9 am-12 pm Open Basketball	30 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm Open Volleyball	31 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	1 9 am-1 pm Open Basketball
4 9 am-10 am Open Basketball 5 pm-9 pm Open Gym	5 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	6 9 am-12 pm Open Basketball	7 9 am-10 am Open Basketball 5 pm-9pm Open Gym 7 pm-8 pm Aerobic Toning	8 9 am-12 pm Open Basketball	9 9 am-1 pm Open Basketball
11 9 am-12 pm Open Basketball 5 pm-9pm Basketball Floor / Track / Stage Closed. Fitness Room Open	12 9 am-12 pm Basketball Floor / Track / Stage Closed. Fitness Room Open 5 pm-9pm Basketball Floor / Track Stage Closed. Fitness Room	13 9 am-12 pm Basketball Floor Closed Fitness Room Open NO Walk & Tone	14 9 am-12 pm Open Basketball 5 pm-9pm Open Gym 7 pm-8 pm Aerobic Toning	15 9 am-12 pm Open Basketball	16 9 am-1 pm Open Basketball
18 9 am-12 pm Open Basketball 5 pm-9 pm Open Gym	19 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	20 9 am-12 pm Open Basketball	21 9 am-12 pm Open Basketball 5 pm-9pm Open Gym	22 9 am-12 pm Open Basketball	23 9 am-1 pm Open Basketball
25 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9 pm Open Gym	26 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Adult Basketball	27 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 9:30 am-10:30 am Walk & Tone	28 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Gym	29 9 am-12 pm Open Basketball	30 9 am-1 pm Open Basketball