



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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FITNESS COMPLEX HOURS

<u>Monday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Tuesday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Wednesday</u> 9 am to 12 pm	<u>Thursday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Friday</u> 9 am to 12 pm & First Friday Only (5 pm to 9 pm)	<u>Saturday</u> 9 am to 1 pm
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July 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	2 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	3  Closed for 4th of July	4 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	5 9 am-12 pm Open Gym 5pm-9pm Closed NO First Friday	6 Closed for the Holiday Weekend
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	9 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	10 9 am-12 pm Open Gym 9:30 am-10:30 am Walk & Tone	11 9 am-11 am Open Gym 5 pm-9 pm Open Gym	12 9 am-12 pm Open Gym	13 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	16 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	17 9 am-12 pm Open Gym	18 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	19 9 am-12 pm Open Gym	20 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	23 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	24 9 am-12 pm Open Gym	25 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	26 9 am-12 pm Open Gym	27 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	30 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	31 9 am-12 pm Open Gym	1 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	2 9 am-12 pm Open Gym	3 9 am-12 pm Open Gym Church Meeting; Open After Meeting