



# FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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## FITNESS COMPLEX HOURS

<b><u>Monday</u></b> 9 am to 12 pm & 5 pm to 9 pm	<b><u>Tuesday</u></b> 9 am to 12 pm & 5 pm to 9 pm	<b><u>Wednesday</u></b> 9 am to 12 pm	<b><u>Thursday</u></b> 9 am to 12 pm & 5 pm to 9 pm	<b><u>Friday</u></b> 9 am to 12 pm & First Friday Only ( 5 pm to 9 pm)	<b><u>Saturday</u></b> 9 am to 1 pm
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## September 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	<b>27</b> 9 am-12 pm Open Gym 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Gym	<b>29</b> 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	<b>30</b> 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	<b>31</b> 9 am-12 pm Open Gym <b>Closed for Labor Day Weekend</b>
<b>Closed For Labor Day</b>	<b>3</b> 9 am-12 pm Open Gym 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Gym	<b>5</b> 9 am-11 am Open Gym 5 pm-7pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>6</b> 9 am-12 pm Open Gym 5pm-9pm Open Basketball	<b>8</b> 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	<b>10</b> 9 am-10 am Open Gym 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>12</b> 9 am-10 am Open Gym 5 pm-7pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>13</b> 9 am-12 pm Open Gym	<b>15</b> 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	<b>17</b> 9 am-10 am Open Gym 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Gym	<b>19</b> 9 am-10 am Open Gym 5 pm-7pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>20</b> 9 am-12 pm Open Gym	<b>22</b> 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise Class</b>	<b>24</b> 9 am-10 am Open Gym 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>26</b> 9 am-10 am Open Gym 5 pm-7pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>27</b> 9 am-12 pm Open Gym	<b>29</b> 9 am-1 pm Open Gym