



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

November 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Gym 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Gym 5 pm-9pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm Open Gym 5pm-9pm Open Basketball	9 am-1 pm Open Gym
9 am-12 pm Basketball Floor Closed Fitness Room Open 5 pm-9pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open 5 pm-9pm Basketball Floor Closed Fitness Room Open	9 am-12 pm Basketball Floor Closed Fitness Room Open	9 am-10 am Open Gym 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm Open Gym	9 am-1 pm Open Gym
Closed For the Observance of Veteran's Day	9 am-10 am Open Gym 5 pm-9pm Open Adult Basketball	9 am-12 pm Open Gym 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Gym 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm Open Gym	Closed For Thanksgiving Share
9 am-12 pm Open Gym 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-10 am Open Gym 5 pm-9pm Open Adult Basketball	9 am-12 pm Open Gym	Closed For Thanksgiving Day		Closed For The Thanksgiving Holiday
9 am-12 pm Open Gym 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Gym 5 pm-9pm Open Adult Basketball	9 am-12 pm Open Gym 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Gym 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm Open Gym	Church Meeting: Fitness Room Open After Meeting Basketball Floor Closed