



# 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

### October 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>  5 pm-9 pm Open Gym	<b>1</b> 9 am-10 am Open Gym  5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Gym	<b>3</b> 9 am-10 am Open Gym  5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>4</b> 9 am-12 pm <b>Gym Floor Closed</b> <b>Fitness Room Open</b>  5pm-9pm <b>Closed for Feed</b> <b>My Starving</b> <b>Children Set-Up</b>	<b>5</b> <b>Closed for Feed My Starving Children</b>
<b>Closed For Columbus Day</b>	<b>8</b> 9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>  5 pm-9pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>	<b>9</b> 9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b> <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>10</b> 9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>  5 pm-9pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b> <b>7 pm pm Cardio &amp; Tone</b>	<b>11</b> 9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>  5pm-9pm <b>Closed for Feed My Starving Children Set-Up</b>	<b>12</b> <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>
9 am-12 pm Open Gym  5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>15</b> 9 am-10 am Open Gym  5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Gym	<b>17</b> 9 am-10 am Open Gym  5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>18</b> 9 am-12 pm Open Gym	<b>19</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</b>	<b>22</b> 9 am-10 am Open Gym  5 pm-9pm <b>Open Adult Basketball</b>	<b>23</b> 9 am-12 pm Open Gym <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>24</b> 9 am-10 am Open Gym  5 pm-9pm Open Basketball <b>No Cardio &amp; Tone Class Tonight</b>	<b>25</b> 9 am-12 pm Open Gym	<b>26</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>29</b> 9 am-10 am Open Gym  5 pm-9pm <b>Open Adult Basketball</b>	<b>30</b> 9 am-12 pm Open Gym	<b>31</b> 9 am-12 pm <b>Basketball Floor Closed</b> <b>Fitness Room Open</b>  5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	<b>1</b> 9 am-12 pm Open Gym	<b>2</b> 9 am-1 pm Open Gym