



# 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

### January 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-9 pm <b>Closed in the Eve For New Year's Eve</b>	<b>Closed For New Year's Day</b>	9 am-12 pm Open Basketball	9 am-10 am Open Basketball  5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	9 am-12 pm Open Basketball 5pm-9pm Open Basketball	9 am-1 pm <b>NO BASKETBALL</b> C.O.R.E. Fitness Session
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise Class</b>	9 am-10 am Open Basketball 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	9 am-10 am Open Basketball 5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	9 am-12 pm Open Basketball	9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group Exercise Class</b>	9 am-10 am Open Basketball 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Basketball	9 am-10 am Open Basketball 5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	9 am-12 pm Open Basketball	9 am-1 pm <b>Closed For MLK Weekend</b>
<b>Closed For Martin Luther King Day</b>	9 am-10 am Open Basketball 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	9 am-10 am Open Basketball 5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	9 am-12 pm Open Basketball	9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	9 am-10 am Open Basketball 5 pm-9pm <b>Open Adult Basketball</b>	9 am-12 pm Open Basketball	9 am-10 am Open Basketball 5 pm-9pm Open Basketball <b>7 pm pm Cardio &amp; Tone</b>	9 am-12 pm Open Basketball 5pm-9pm Open Basketball	<b>Church Meeting: Open After Meeting</b>