



# 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	9 am to 1 pm

### July 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	9 am-12 pm Open Basketball	 Closed for 4th of July	Closed for 4th of July Weekend	Closed for 4th of July Weekend
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	9 am-12 pm Open Basketball	9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball	9 am-1 pm Open Basketball
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