



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

August 2017 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	31 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	1 9 am-12 pm Open Basketball	2 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	3 9 am-12 pm Open Basketball	4 9 am-12 pm Open Basketball	5 Church Meeting; Open After Meeting
9 am-12 pm Closed for Upkeeps 5 pm-9 pm Closed For Revival	7 9 am-12 pm Closed for Upkeeps 5 pm-9 pm Closed For Revival	8 9 am-12 pm Closed for Upkeeps	9 9 am-12 pm Basketball Floor, Stage & Track Closed. Fitness Room Only Open 5 pm-9 pm Closed For Revival	10 9 am-12 pm Basketball Floor, Stage & Track Closed. Fitness Room Only Open	11 9 am-12 pm Basketball Floor, Stage & Track Closed. Fitness Room Only Open	12 9 am-12 pm Basketball Floor, Stage & Track Closed. Fitness Room Only Open
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	14 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	15 9 am-12 pm Open Basketball	16 9 am-11 am Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	17 9 am-12 pm Open Basketball	18 9 am-1 pm Open Basketball	19 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	21 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	22 9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	23 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	24 9 am-12 pm Open Basketball	25 9 am-1 pm Open Basketball	26 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	28 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	29 9 am-12 pm Open Basketball	30 9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	31 9 am-12 pm Open Basketball	1 9 am-1 pm Open Basketball	2 9 am-1 pm Open Basketball