



# 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 2016 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball <b>25</b>  5 pm-9pm Youth Basketball (15 yrs & Younger Only)	9 am-12 pm Open Basketball <b>26</b>  5 pm-9pm Open Basketball	9 am-12 pm <b>27</b> Open Basketball	9 am-12 pm <b>28</b> Open Basketball  5 pm-9 pm Basketball Floor Closed 7 pm-8pm Aerobic Toning	9am-12 pm <b>29</b> Basketball Floor Closed Fitness Room Open	9 am-1pm <b>30</b> Open Basketball
9 am-12 pm Open Basketball <b>1</b>  5 pm-9 pm Closed For the Town Hall Meeting	9 am-12 pm Open Basketball <b>2</b>  5 pm-9pm Open Basketball	9 am-12 pm <b>3</b> Open Basketball	9 am-12 pm <b>4</b> Open Basketball  5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	9am-12 pm <b>5</b> Open Basketball	<b>6</b> Church Meeting; Open After Meeting
9 am-12 pm <b>8</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9 pm Closed For Revival	9 am-12 pm <b>9</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9 pm Closed For Revival	9 am-12 pm <b>10</b> Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-12 pm <b>11</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9 pm Closed For Revival	9am-12 pm <b>12</b> Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-1pm <b>13</b> Basketball Floor, Stage & Track Closed. Fitness Room Open
9 am-12 pm <b>15</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9pm Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-12 pm <b>16</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9pm Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-12 pm <b>17</b> Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-12 pm <b>18</b> Basketball Floor, Stage & Track Closed. Fitness Room Open  5 pm-9pm Basketball Floor, Stage & Track Closed. Fitness Room Open	9am-12 pm <b>19</b> Basketball Floor, Stage & Track Closed. Fitness Room Open	9 am-1pm <b>20</b> Basketball Floor, Stage & Track Closed. Fitness Room Open
9 am-12 pm Open Basketball <b>22</b>  5 pm-9pm Youth Basketball (15 yrs & Younger Only)	9 am-12 pm Open Basketball <b>23</b>  5 pm-9pm Open Basketball	9 am-12 pm <b>24</b> Open Basketball	9 am-12 pm <b>25</b> Open Basketball  5 pm-7 pm Open Basketball 7 pm-8pm Aerobic Toning 7 pm-9 pm Open Volleyball	9am-12 pm <b>26</b> Open Basketball	9 am-1pm <b>27</b> Open Basketball