



# 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

### February 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat						
9 am-12 pm Open Basketball  5 pm-9 pm Open Basketball	<b>30</b>	9 am-11 am Open Basketball  5 pm-9 pm Open Basketball	<b>31</b>	9 am-12 pm Open Basketball  5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>2</b>	9 am-12 pm Open Basketball  5 pm-9 pm Open Basketball	<b>3</b>	<b>Church Meeting;</b> <b>Open After Meeting</b>	<b>4</b>		
9 am-12 pm Open Basketball  5 pm-9 pm Open Basketball	<b>6</b>	9 am-11 am Open Basketball  5 pm-9 pm Open Basketball	<b>7</b>	9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>8</b>	9 am-11 am Open Basketball  5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>NO Aerobic Toning</b>	<b>9</b>	9 am-12 pm Open Basketball	<b>10</b>	<b>9 am-3 pm Christian Fellowship Basketball League Games (CFBL)</b>	<b>11</b>
9 am-12 pm Open Basketball  5 pm-9 pm Open Basketball	<b>13</b>	9 am-11 am Open Basketball  5 pm-9 pm Open Basketball	<b>14</b>	9 am-12 pm Open Basketball	<b>15</b>	9 am-11 am Open Basketball  5 pm-7pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>16</b>	9 am-12 pm Open Basketball	<b>17</b>	9 am-1 pm Open Basketball	<b>18</b>
<b>Closed For President's Day</b>	<b>20</b>	9 am-11 am Open Basketball  5 pm-9 pm Open Basketball	<b>21</b>	9 am-12 pm Open Basketball <b>9:30 am-10:30 am Walk &amp; Tone</b>	<b>22</b>	9 am-11 am Open Basketball  5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>23</b>	9 am-12 pm Open Basketball	<b>24</b>	<b>9am-3 pm Christian Fellowship Basketball League Games (CFBL)</b>	<b>25</b>
9 am-12 pm Open Basketball  5 pm-7:30 pm Open Basketball <b>8 pm-8:30 pm BOD4GOD Small Group</b>	<b>27</b>	9 am-11 am Open Basketball  5 pm-9 pm Open Basketball	<b>28</b>	9 am-12 pm Open Basketball	<b>1</b>	9 am-11 am Open Basketball  5 pm-7 pm Open Basketball <b>7 pm-9 pm CFBL Practice</b> <b>7 pm-8 pm Aerobic Toning</b>	<b>2</b>	9 am-12 pm Open Basketball  5 pm-9 pm Open Basketball	<b>3</b>	<b>9am-3 pm Christian Fellowship Basketball League Games (CFBL)</b>	<b>4</b>