



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

December 2017 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	27 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	28 9 am-12 pm Open Basketball	29 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Tryouts	30 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	1 Church Meeting: Fitness Room: OPEN After Meeting Basketball Floor: CLOSED
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	4 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	5 9 am-12 pm Open Basketball	6 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Tryouts	7 9 am-12 pm Open Basketball	8 9 am-1 pm Fitness Room: Open Basketball Floor: CLOSED
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	11 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	12 9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	13 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice	14 9 am-12 pm Open Basketball	15 Closed For Christmas Share
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	18 9 am-10 am Open Basketball 5 pm-9pm Open Basketball	19 9 am-12 pm Open Basketball	20 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice	21 9 am-12 pm Open Basketball	22 Closed For the Christmas Holiday
25 Closed For Christmas	26 Closed For the Christmas Holiday	27 9 am-12 pm Open Basketball 9:30 am-10:30 am Walk & Tone	28 9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice	29 9 am-12 pm Open Basketball	30 9 am-1 pm Open Basketball