



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

March 2018 Fitness Complex Events (updated 3/27/)

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 26 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 27 5 pm-9pm Open Basketball	9 am-12 pm 28 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 1 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	9 am-12 pm 2 Open Basketball 5pm-9pm Open Basketball	9 am-2 pm 3 Christian Fellowship Basketball League Games (CFBL)
9 am-10 am Open Basketball 5 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 6 5 pm-9pm Open Basketball	9 am-12 pm 7 Open Basketball	9 am-10 am Open Basketball 8 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	9 am-12 pm 9 Open Basketball	9 am-2 pm 10 Christian Fellowship Basketball League Games (CFBL)
9 am-12 pm Open Basketball 12 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 13 5 pm-9pm Open Basketball	9 am-12 pm 14 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 15 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	9 am-12 pm 16 Open Basketball	9 am-2 pm 17 Christian Fellowship Basketball League Games (CFBL)
9 am-12 pm Open Basketball 19 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 20 5 pm-9pm Open Basketball	9 am-12 pm 21 Open Basketball	9 am-10 am Open Basketball 22 5 pm-7pm Open Basketball 7 pm-8 pm Aerobic Toning 7 pm-9 pm CFBL Practice	9 am-12 pm 23 Open Basketball	9 am-2 pm 24 Christian Fellowship Basketball League Games (CFBL)
9 am-12 pm Open Basketball 26 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise	9 am-10 am Open Basketball 27 5 pm-9pm Open Basketball	9 am-12 pm 28 Open Basketball	9 am-10 am Open Basketball 29 5 pm-9 pm Closed for Maundy Thursday	9 am-12 pm 30 Open Basketball	9 am-1 pm 31 Closed for Easter Weekend