



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

March 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 25 5 pm-9 pm Open Basketball	9 am-10 am Open Basketball 26 5 pm-9pm Open Adult Basketball	9 am-12 pm 27 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 28 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm 1 Open Basketball 5pm-9pm Open Basketball	9 am-1 pm 2 Open Basketball
9 am-12 pm Basketball Floor Closed 4 5 pm-9 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Basketball 5 5 pm-9pm Open Adult Basketball	9 am-12 pm 6 Basketball Floor Closed Fitness Room Open	9 am-10 am Open Basketball 7 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm 8 Open Basketball	9 am-1 pm 9 Open Basketball
9 am-12 pm Open Basketball 11 5 pm-9 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Basketball 12 5 pm-9pm Open Adult Basketball	9 am-12 pm 13 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 14 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm 15 Open Basketball	9 am-1 pm 16 Open Basketball
9 am-12 pm Basketball Floor Closed 18 5 pm-9 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Basketball 19 5 pm-9pm Open Adult Basketball	9 am-12 pm 20 Basketball Floor Closed Fitness Room Open	9 am-10 am Open Basketball 21 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm 22 Open Basketball	9 am-1 pm 23 Open Basketball
9 am-12 pm Open Basketball 25 5 pm-9 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 am-10 am Open Basketball 26 5 pm-9pm Open Adult Basketball	9 am-12 pm 27 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 28 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	9 am-12 pm 29 Open Basketball 5pm-9pm Open Basketball	9 am-1 pm 30 Open Basketball