



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 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat	
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	29 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	30 9 am-12 pm Open Basketball	31 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	1 9 am-12 pm Open Basketball	2 9 am-12 pm Open Basketball	3 Closed for Meeting and Cleaning
5 Closed For Deep Cleaning and Revival Week	6 Closed For Deep Cleaning and Revival Week	7 Closed For Deep Cleaning	8 Closed For Deep Cleaning and Revival Week	9 Closed For Deep Cleaning	10 9 am-1 pm Open Basketball	
12 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	13 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	14 9 am-12 pm Open Basketball	15 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	16 9 am-12 pm Open Basketball	17 9 am-1 pm Open Basketball	
19 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	20 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	21 9 am-12 pm Open Basketball	22 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	23 9 am-12 pm Open Basketball	24 9 am-1 pm Open Basketball	
26 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	27 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	28 9 am-12 pm Open Basketball	29 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	30 9 am-12 pm Open Basketball	31 Closed for Labor Day Weekend	