



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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FITNESS COMPLEX HOURS

<u>Monday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Tuesday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Wednesday</u> 9 am to 12 pm	<u>Thursday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Friday</u> 9 am to 12 pm & First Friday Only (5 pm to 9 pm)	<u>Saturday</u> 9 am to 1 pm
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September 2019 Fitness Complex Events (updated 9/6)

Mon	Tue	Wed	Thu	Fri	Sat	
9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	26 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	27 9 am-12 pm Open 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
Closed For Labor Day	2 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	3 9 am-12 pm Open Basketball	4 9 am-12 pm Open Basketball	5 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	6 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	7 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	10 9 am-12 pm Open Basketball	11 9 am-12 pm 9:30 am-10:30 am Walk & Tone	12 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	13 9 am-12 pm Open Basketball	14 9 am-1 pm Basketball Floor Closed Fitness Room Open
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	16 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	17 9 am-12 pm Open Basketball	18 9 am-12 pm Open Basketball	19 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	20 9 am-12 pm Open Basketball	21 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	23 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	24 9 am-12 pm Open Basketball	25 9 am-12 pm 9:30 am-10:30 am Walk & Tone	26 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	27 9 am-12 pm Open Basketball	28 9 am-1 pm Open Basketball