



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

October 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
				9 am-12 pm 27 Open Basketball	9 am-1 pm 28 Basketball Floor Closed Fitness Room Open
9 am-12 pm Basketball Floor Closed 30 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-10 am Open Basketball 1 5 pm-9pm Open Adult Basketball	9 am-12 pm 2 Basketball Floor Closed Fitness Room Open	9 am-12 pm Open Basketball 3 5 pm-9pm Open Basketball	9 am-12 pm 4 Open Basketball 5pm-9pm Open Basketball	9 am-1 pm 5 Open Basketball
9 am-12 pm Open Basketball 7 5 pm-9 pm Open Basketball	9 am-10 am Open Basketball 8 5 pm-9pm Open Adult Basketball	9 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 10 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	9 am-12 pm 11 Open Basketball	9 am-1 pm 12 Closed For Columbus Day Weekend
Closed For Columbus Day 14	9 am-10 am Open Basketball 15 5 pm-9pm Open Adult Basketball	9 am-12 pm 16 Basketball Floor Closed Fitness Room Open	9 am-10 am Open Basketball 17 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	9 am-12 pm 18 Open Basketball	9 am-1 pm 19 Open Basketball
9 am-12 pm Open Basketball 21 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-10 am Open Basketball 22 5 pm-9pm Open Adult Basketball	23 9:30 am-10:30 am Walk & Tone	9 am-10 am Open Basketball 24 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	9 am-12 pm 25 Open Basketball	9 am-1 pm 26 Open Basketball
9 am-12 pm Open Basketball 28 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 am-10 am Open Basketball 29 5 pm-9pm Open Adult Basketball	9 am-12 pm 30 Open Basketball	9 am-12 pm 31 Basketball Floor Closed Fitness Room Open Closed in the Eve for The Fall Carnival		