



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

December 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	25 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	26 9:30 am-10:30 am Walk & Tone	27 Closed For Thanksgiving Day	28 Closed for the Holiday Weekend	29 Closed for the Holiday Weekend
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	2 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	3 9 am-12 pm Basketball Floor Closed Fitness Room Open	4 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	5 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	6 Church Meeting: Open After Meeting
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	9 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	10 9:30 am-10:30 am Walk & Tone	11 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	12 9 am-12 pm Open Basketball	13 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	16 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	17 9 am-12 pm Open Basketball	18 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	19 9 am-12 pm Open Basketball	20 9 am-1 pm Basketball Floor Closed Fitness Room
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	23 9 am-12 pm Open Basketball 5 pm-9pm Closed For Christmas Eve	24 Closed For Christmas Day	25 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	26 9 am-12 pm Open Basketball	27 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	30 9 am-12 pm Open Basketball 5 pm-9pm Closed For New Year's Eve	31 Closed For New Year's Day	1 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	2 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	3 9 am-1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	3 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	4 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	2 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Aerobic Toning	3 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	4 9 am-1 pm Open Basketball