



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

January 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat	
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 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	2 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	3 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball	4 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	6 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	7 9:30 am-10:30 am Walk & Tone	8 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	9 9 am-12 pm Open Basketball	10 9 am-12 pm Open Basketball	11 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	13 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	14 9 am-12 pm Open Basketball	15 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	16 9 am-12 pm Open Basketball	17 9 am-12 pm Open Basketball	18 9 am-1 pm Closed For MLK Weekend
Closed For Martin Luther King Day	20 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	21 9:30 am-10:30 am Walk & Tone	22 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	23 9 am-12 pm Open Basketball	24 9 am-12 pm Open Basketball	25 9 am-1 pm NO BASKETBALL FITNESS ROOM OPEN
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group	27 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	28 9 am-12 pm Open Basketball	29 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	30 9 am-12 pm Open Basketball	31 9 am-12 pm Open Basketball	1 Church Meeting: Open After Meeting