



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

March 2020 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-9 pm Fitness Room Open Basketball Floor/Stage/Track Closed	2 9 am-12 pm Fitness Room Open Basketball Floor/Stage/Track Closed 3 5 pm-9pm Fitness Room Open Basketball Floor/Stage/Track Closed	4 9 am-12 pm Basketball Floor Closed Fitness Room Open	5 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	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-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	9 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	11 9:30 am-10:30 am Walk & Tone	12 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	13 9 am-12 pm Open Basketball	14 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 Exercise Class	16 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	17 9 am-12 pm Basketball Floor Closed Fitness Room Open	18 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	19 9 am-12 pm Open Basketball	20 9 am-1 pm Fitness Room Open Basketball Floor/Stage/Track Closed
9 am-12 pm Open Basketball 5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small Group Exercise Class	23 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	24 9:30 am-10:30 am Walk & Tone	25 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	26 9 am-12 pm Open Basketball	27 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	30 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	31 9 am-12 pm Basketball Floor Closed Fitness Room Open	1 9 am-10 am Open Basketball 5 pm-9pm Open Basketball 7 pm-8pm Cardio & Toning	2 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	3 4 Church Meeting: Closed Until Meeting is Adjourned.