



FIT BY GOD FITNESS COMPLEX


OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

703-670-0184 EXT. 1195 & 1196 email: LValkenburg@FirstMountZionBC.org

FITNESS COMPLEX HOURS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8 am to 11 am & 5 pm to 9 pm	8 am to 11 am & 5 pm to 9 pm	8 am to 11 am	8 am to 11 am & 5 pm to 9 pm	8:30 am to 11:30 am & 5 pm to 9 pm	9 am to 1 pm

March 2010 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
8 am-11 am Open Basketball 1 5 pm-9 pm Open Basketball 7 pm-8 pm Aerobic Toning	8 am-11 am Open Basketball 2 5 pm-9 pm Open Basketball 5 pm-9 pm Open Table Tennis	8 am-11 am 3 Open Basketball	8 am-11 am Open Basketball 4 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	8:30 am-11:30 am 5 Open Basketball 5 pm-9 pm Open Basketball	6 9-1 pm CFBL Games 11:35 am FMZ 2 vs Harvest
8 am-11 am Open Basketball 8 5 pm-9 pm Open Basketball 7 pm-8 pm Aerobic Toning	8 am-11 am Open Basketball 9 5 pm-9 pm Open Basketball 5 pm-9 pm Open Table Tennis	8 am-11 am 10 Open Basketball	8 am-11 am Open Basketball 11 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	8:30 am-11:30 am 12 Open Basketball 5 pm-9 pm Open Volleyball	13 *CFBL Games 9 am FMZ 2 vs Mt. Zion 10:20 am FMZ 1 vs 1st Baptist
8 am-11 am Open Basketball 15 5 pm-9 pm Open Basketball 7 pm-8 pm Aerobic Toning	8 am-11 am Open Basketball 16 5 pm-9 pm Open Basketball 5 pm-9 pm Open Table Tennis	8 am-11 am 17 Open Basketball	8 am-11 am Open Basketball 18 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	8:30 am-11:30 am 19 Open Basketball 5 pm-9 pm Open Basketball	20 9-1 pm CFBL Games 10:20 am FMZ 1 vs Mt. Zion
8 am-11 am Open Basketball 22 5 pm-9 pm Open Basketball 7 pm-8 pm Aerobic Toning	8 am-11 am Open Basketball 23 5 pm-9 pm Open Basketball 5 pm-9 pm Open Table Tennis	8 am-11 am 24 Open Basketball	8 am-11 am Open Basketball 25 5 pm-7 pm Open Basketball 7 pm-9 pm CFBL Practice 7 pm-8 pm Aerobic Toning	8:30 am-11:30 am 26 Open Basketball 5 pm-9 pm Open Volleyball	27 *CFBL Games 9 am FMZ 1 vs Dale City 11:35 am FMZ 2 vs Word Alive
8 am-11 am Open Basketball 29 5 pm-9 pm Open Basketball 7 pm-8 pm Aerobic Toning	8 am-11 am Open Basketball 30 5 pm-9 pm Open Basketball 5 pm-9 pm Open Table Tennis	8 am-11 am 31 Open Basketball	 <div style="display: inline-block; text-align: left;"> <p>Christian Fellowship Basketball League (CFBL) Teams Play Saturdays Open Volleyball (Anyone Can Play) 2nd & 4th Friday</p> </div> 