



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

703-670-0225 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>
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

August 2018 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	30 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	31 9 am-12 pm Open Gym	1 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	2 9 am-12 pm Open Gym 5 pm-9 pm Open Gym 5pm-9pm Closed NO First Friday	3 9 am-12 pm Open Gym Church Meeting; Open After Meeting
9 am-12 pm Open Gym 5 pm-9 pm Closed For Revival	6 9 am-12 pm Open Gym 5 pm-9 pm Closed For Revival	7 9 am-12 pm Open Gym	8 9 am-12 pm Open Gym 5 pm-9 pm Closed For Revival	9 9 am-11 am Open Gym	10 9 am-12 pm Open Gym 11 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	13 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	14 9 am-12 pm Open Gym	15 9 am-12 pm Open Gym	16 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	17 9 am-12 pm Open Gym 18 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	20 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	21 9 am-12 pm Open Gym	22 9 am-12 pm Open Gym	23 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	24 9 am-12 pm Open Gym 25 9 am-1 pm Open Gym
9 am-12 pm Open Gym 5 pm-9 pm Open Gym	27 9 am-12 pm Open Gym 5 pm-9pm Open Adult Basketball	28 9 am-12 pm Open Gym	29 9 am-12 pm Open Gym	30 9 am-12 pm Open Gym 5 pm-9 pm Open Gym	31 9 am-12 pm Open Gym Closed for Labor Day Weekend