



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> 9 am to 12 pm & 5 pm to 9 pm	<u>Tuesday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Wednesday</u> 9 am to 12 pm	<u>Thursday</u> 9 am to 12 pm & 5 pm to 9 pm	<u>Friday</u> 9 am to 12 pm & First Friday Only (5 pm to 9 pm)	<u>Saturday</u> 9 am to 1 pm
--	---	--	--	--	--

June 2019 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
Closed for Memorial Day	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 pm Cardio & Tone	30 9 am-12 pm Open Basketball	31 9 am-10:30 am Youth Basketball Skills Class 11 am- 1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	3 9 am-10 am Open Basketball 5 pm-9pm Open Adult Basketball	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 pm Cardio & Tone	6 9 am-12 pm Open Basketball 5pm-9pm Open Basketball	7 9 am-10:30 am Youth Basketball Skills Class 11 am- 1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	10 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	11 9:30 am-10:30 am Walk & Tone 10:30 am-12 noon Open Basketball	12 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	13 9 am-12 pm Open Basketball	14 9 am-10:30 am Youth Basketball Skills Class 11 am- 1 pm Open Basketball
9 am-12 pm Open Basketball 5 pm-9 pm Open Basketball	17 9 am-12 pm Open Basketball 5 pm-9pm Open Adult Basketball	18 9 am-12 pm Basketball Floor Closed Fitness Room Open	19 9 am-12 pm Open Basketball 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	20 9 am-12 pm Open Basketball	21 9 am-10:30 am Youth Basketball Skills Class 11 am- 1 pm Open Basketball
9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9 pm Open Basketball	24 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Adult Basketball	25 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open	26 9 am-12 pm (VBS) Basketball Floor / Stage Closed Fitness Room / Track Open 5 pm-9pm Open Basketball 7 pm pm Cardio & Tone	27 9 am-12 pm Open Basketball	28 9 am-10:30 am Youth Basketball Skills Class 11 am- 1 pm Open Basketball