

## FIT BY GOD FITNESS COMPLEX OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

703-670-0225 email: LValkenburg@FirstMountZionBC.org

## FITNESS COMPLEX HOURS

Monday
9 am to 12 pm
&
5 pm to 9 pm

Tuesday
9 am to 12 pm
&
5 pm to 9 pm

Wednesday
9 am to 12 pm

Thursday
9 am to 12 pm

Friday
9 am to 12 pm

Saturday
9 am to 1 pm

5 pm to 9 pm

## July 2019 Fitness Complex Events

Mon	Tue		Wed		Thu	Fri	Sat
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm <b>Open Adult Basketball</b>	2	9 am-12 pm Open Basketball	3	Closed for 4th of July	5 Closed for 4th of July Weekend	6 Closed for 4th of July Weekend
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm <mark>Open Adult Basketball</mark>	9	9 am-12 pm Open Basketball	10	9 am-12 pm Open Basketball  5 pm-7pm Open Basketball  7 pm-8:30pm Line Dancing	9 am-12 pm 12 Open Basketball	
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm <mark>Open Adult Basketball</mark>	16	9 am-12 pm Open Basketball	17	9 am-12 pm Open Basketball  5 pm-7pm Open Basketball  7 pm-8:30pm Line Dancing	9 am-12 pm 19 Open Basketball	·
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm <mark>Open Adult Basketball</mark>	23	9 am-12 pm Open Basketball	24	9 am-12 pm Open Basketball 25 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm <b>26</b> Open Basketball	•
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 5 pm-9pm <mark>Open Adult Basketball</mark>	30	9 am-12 pm Open Basketball	31	9 am-12 pm Open Basketball <b>1</b> 5 pm-7pm Open Basketball		3 Church Meeting; Open After Meeting