



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>
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 am to 11 am & First Friday Only (5 pm to 9 pm)	9 am to 1 pm

July 2014 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri	Sat
8 am-11 am Open Basketball 30 5 pm-9 pm Open Basketball 7 pm-8 pm Zumba* (\$2 fee)	8 am-11 am Open Basketball 1 5 pm-9pm Open Basketball	8 am-11 am 2 Open Basketball “Get Moving” Class Cancelled	8 am-11 am Open Basketball 3 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	 Closed for 4th of July	9 am-1pm 5 Open Basketball
8 am-11 am Open Basketball 7 5 pm-9 pm Open Basketball	8 am-11 am Open Basketball 8 5 pm-9pm Open Basketball	8 am-11 am 9 Open Basketball 9:30am-10:30am “Get Moving”	8 am-11 am Open Basketball 10 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 8 pm- 8:45 Double Dutch Jump Roping 	8am-11 am 11 Open Basketball	9 am-1pm 12 Open Basketball
8 am-11 am Open Basketball 14 5 pm-9 pm Open Basketball	8 am-11 am Open Basketball 15 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	8 am-11 am 16 Open Basketball 9:30am-10:30am “Get Moving”	8 am-11 am Open Basketball 17 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball 8 pm- 8:45 Double Dutch Jump Roping 	8am-11 am 18 Open Basketball	9 am-1pm 19 Open Basketball
8 am-11 am Open Basketball 21 5 pm-9 pm Open Basketball	8 am-11 am Open Basketball 22 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	8 am-11 am 23 Open Basketball 9:30am-10:30am “Get Moving”	8 am-11 am Open Basketball 24 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	8am-11 am 25 Open Basketball	9 am-1pm 26 Open Basketball
8 am-11 am Open Basketball 28 5 pm-9 pm Open Basketball	8 am-11 am Open Basketball 29 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	8 am-11 am 30 Open Basketball 9:30am-10:30am “Get Moving”	8 am-11 am Open Basketball 31 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	 Double Dutch Jump Roping: Bring your Kids!  Thursday Nights 11th & 18th	