

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

December 2017	Fitness	Complex	Events
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Mon	Tue	Wed	Thu	Fri	Sat
5 and 7:00 and On the Dealerth all	9 am-10 am Open Basketball 28 5 pm-9pm Open Basketball	Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Tryouts	Open Basketball 5pm-9pm	Church Meeting: 2 Fitness Room: OPEN After Meeting Basketball Floor: CLOSED
i i	9 am-10 am Open Basketball 5 5 pm-9pm Open Basketball	Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Tryouts	Open Basketball	9 am-1 pm 9 Fitness Room: Open Basketball Floor: CLOSED
	9 am-10 am Open Basketball 12 5 pm-9pm Open Basketball	Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice		16 Closed For Christmas Share
	9 am-10 am Open Basketball 19 5 pm-9pm Open Basketball	Open Basketball	9 am-10 am Open Basketball 5 pm-7pm Open Basketball 7 pm-9 pm CFBL Practice	9 am-12 pm 22 Open Basketball	23 Closed For the Christmas Holiday
Closed For Christmas	Closed For the Christmas Holiday	Open Basketball	•	9 am-12 pm 29 Open Basketball	9 am-1 pm 30 Open Basketball