



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION VACCINATED MEMBERS

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

FITNESS COMPLEX HOURS

<u>Monday</u> 9 am to 4 pm	<u>Tuesday</u> 9 am to 4 pm	<u>Wednesday</u> 9 am to 4 pm	<u>Thursday</u> 9 am to 4 pm	<u>Friday</u> 9 am to 1 pm
-------------------------------	--------------------------------	----------------------------------	---------------------------------	-------------------------------

October 2022 Fitness Complex Events

Mon	Tue	Wed	Thu	Fri
9 am-4 pm Open 3 Fitness Room, Track & Locker Rooms 11:30 am -4 pm Open Basketball	9 am-4 pm Open 4 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-4 pm Open 5 Fitness Room, Track & Locker Rooms 9 am -4 pm Open Basketball	9 am-4 pm Open 6 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-1 pm Open 7 Fitness Room, Track & Locker Rooms 9 am -1 pm Open Basketball
<b style="color: red;">Closed for Columbus Day 10	9 am-4 pm Open 11 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-4 pm Open 12 Fitness Room, Track & Locker Rooms 10:30am Walk & Tone 12:00pm -4 pm Open Basketball	9 am-4 pm Open 13 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-1 pm Open 14 Fitness Room, Track & Locker Rooms 9 am -1 pm Open Basketball
9 am-4 pm Open 17 Fitness Room, Track & Locker Rooms	9 am-4 pm Open 18 Fitness Room, Track & Locker Rooms	9 am-4 pm Open 19 Fitness Room, Track & Locker Rooms	9 am-4 pm Open 20 Fitness Room, Track & Locker Rooms	9 am-1 pm Open 21 Fitness Room, Track & Locker Rooms
9 am-4 pm Open 24 Fitness Room, Track & Locker Rooms 11:30 am -4 pm Open Basketball	9 am-4 pm Open 25 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-4 pm Open 26 Fitness Room, Track & Locker Rooms 10:30am Walk & Tone 12:00pm -4 pm Open Basketball	9 am-4 pm Open 27 Fitness Room, Track & Locker Rooms 12:00pm -4 pm Open Basketball	9 am-1 pm Open 28 Fitness Room, Track & Locker Rooms 9 am -1 pm Open Basketball