



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

May 2023 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri
1 10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball	2 11:00am –11:30am Proverbs Place PE Class	3	4 11:00am –11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	5
8 10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball	9 11:00am –11:30am Proverbs Place PE Class	10 9:30-10:30am Walk & Tone Group Exercise Class Open to all Church Member	11 11:00am –11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	12
15 10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball	16 11:00am –11:30am Proverbs Place PE Class	17	18 11:00am –11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	19
22 10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball	23 11:00am –11:30am Proverbs Place PE Class	24 9:30-10:30am Walk & Tone Group Exercise Class Open to all Church Member	25 11:00am –11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	26
29 Fitness Center Closed for Memorial Day	30 11:00am –11:30am Proverbs Place PE Class	31		