



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR 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>
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	9 am to 1 pm

November 2023 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
30 10-10:30am Pickleball Development 10:30am- 12noon Open Pickleball 12noon - 4pm Open Gym	31 11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym	1 9am - 4pm Open Gym	2 11:00am -11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm-3pm Open Pickleball	3 9am - 1pm Open Gym	4 Gymnasium Floor Closed Track & Fitness Room Open
6 Gymnasium Floor Closed Track & Fitness Room Open	7 Closed for Voting	8 Gymnasium Floor Closed Track & Fitness Room Open	9 Gymnasium Floor Closed Track & Fitness Room Open	10 Closed For Veteran's Day	11 Closed For Veteran's Day Weekend
13 Gymnasium Floor Closed Track & Fitness Room Open	14 Gymnasium Floor Closed Track & Fitness Room	15 Gymnasium Floor Closed Track & Fitness Room Open	16 Gymnasium Floor Closed Track & Fitness Room Open	17 Gymnasium Floor Closed Track & Fitness Room Open	18 Closed for Share Distribution
20 10-10:30am Pickleball Development 10:30am- 12noon Open Pickleball 12noon - 4pm Open Gym	21 11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym	22 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gym	23 Closed For Thanksgiving Day	24 Closed For Thanksgiving Weekend	25 Closed For Thanksgiving Weekend
27 10-10:30am Pickleball Development 10:30am- 12noon Open Pickleball 12noon - 4pm Open Gym	28 11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym	29 9am - 4pm Open Gym	30 11:00am -11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm-3pm Open Pickleball		