



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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### 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

### December 2023 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2
10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball  12noon - 4pm Open Gym	11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym	9am - 4pm Open Gym	11:00am –11:30am Proverbs Place PE Class  1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	9am - 1pm Open Gym	<b>Church Meeting</b>  Opens at 11am
4	5	6	7	8	9
10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball  12noon - 4pm Open Gym	11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym	9am - 4pm Open Gym	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room</b>
11	12	13	14	15	16
<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	<b>Closed for Share Distribution</b>
18	19	20	21	22	23
10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball  12noon - 4pm Open Gym	11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym	9am - 4pm Open Gym	11:00am –11:30am Proverbs Place PE Class  1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	9am - 1pm Open Gym	<b>Closed For Christmas Weekend</b>
25	26	27	28	29	30
<b>Closed For Christmas Day</b>	9am - 4pm Open Gym	9am - 4pm Open Gym	9am - 1pm Open Gym  1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	9am - 1pm Open Gym	<b>Closed For New Year's Eve Weekend</b>