



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> 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	<u>Saturday</u> 9 am to 1 pm
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December 2023 Gymnasium Floor Events

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