



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 |
|-------------------------------|--------------------------------|----------------------------------|---------------------------------|-------------------------------|---------------------------------|

December 2023 Gymnasium Floor Events (Updated 12/20)

| 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 Gymnasium Floor Closed Track & Fitness Room Open | 8 Gymnasium Floor Closed Track & Fitness Room Open | 9 Gymnasium Floor Closed Track & Fitness Room |
| 11 Gymnasium Floor Closed Track & Fitness Room Open | 12 Gymnasium Floor Closed Track & Fitness Room Open | 13 Gymnasium Floor Closed Track & Fitness Room Open | 14 Gymnasium Floor Closed Track & Fitness Room Open | 15 Gymnasium Floor Closed Track & Fitness Room Open | 16 Closed for Share Distribution |
| 18 10-10:30am Pickleball Development 10:30am- 12noon Open Pickleball 12noon - 4pm Open Gym | 19 11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym | 20 9am - 4pm Open Gym | 21 11:00am -11:30am Proverbs Place PE Class 1-1:30pm Pickleball Development 1:30pm-3pm Open Pickleball | 22 9am - 1pm Open Gym | 23 Closed For Christmas Weekend |
| 25 Closed For Christmas Day | 26 Closed | 27 9am - 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 |