



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

January 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6
Closed For New Year's Day	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	10:00-10:30am Pickleball Development 10:30am– 12noon Open Pickleball
8	9	10	11	12	13
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	Gymnasium Floor Closed Track & Fitness Room Open 9:30-10:30am Walk & Tone Group Exercise	Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open	Closed For MLK Day Weekend
15	16	17	18	19	20
Closed For Martin L. King, Jr. Day	Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open	Closed For Prayer Breakfast
22	23	24	25	26	27
Gymnasium Floor Closed Track & Fitness Room Open	11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym	9:30-10:30am Walk & Tone Group Exercise 12noon - 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	10:00-10:30am Pickleball Development 10:30am– 12noon Open Pickleball
29	30	31			
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