



# 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

### March 2024 Gymnasium Floor Events (Updated)

Mon	Tue	Wed	Thu	Fri	Sat
26 10-10:30am Pickleball Development 10:30am– 12noon Open Pickleball  12noon - 4pm Open Gym	27 11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym *Personal Training (call)	28 9:30-10:30am Walk & Tone Group Exercise  12noon - 4pm Open Gym *Personal Training (call for Appt.)	29 11:00am –11:30am Proverbs Place PE Class  1-1:30pm Pickleball Development 1:30pm–3pm Open Pickleball	1 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	2 9am–11am Open Pickleball  11am - 1pm Open Basketball
4 <b>Gymnasium Floor &amp; Track Closed</b> <b>Fitness Room Open</b> *Personal Training (call)	5 <b>Gym Floor &amp; Track Closed</b> <b>Fitness Room Open</b> *Personal Training (call)	6 <b>Gymnasium Floor &amp; Track Closed</b> <b>Fitness Room Open</b> *Personal Training (call)	7 11:00am –11:30am Proverbs Place PE Class  1pm–3pm Open Pickleball	8 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	9 9am–11am Open Pickleball  11am - 1pm Open Basketball
11 10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)	12 11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym *Personal Training (call)	13 9:30-10:30am Walk & Tone Group Exercise  12noon - 4pm Open Gym *Personal Training (call for Appt.)	14 11:00am –11:30am Proverbs Place PE Class  1pm–3pm Open Pickleball	15 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	16 9am–11am Open Pickleball  11am - 1pm Open Basketball
18 <b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b> *Personal Training (call for Appt.)	19 <b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b> *Personal Training (call)	20 <b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b>	21 <b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b> *Personal Training (call for Appt.)	22 <b>Gymnasium Floor Closed</b> <b>Track &amp; Fitness Room Open</b> *Personal Training (call)	23 <b>Closed For Share Distribution</b>
25 10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)	26 11:00am –11:30am Proverbs Place PE Class  12noon - 4pm Open Gym *Personal Training (call)	27 9:30-10:30am Walk & Tone Group Exercise  12noon - 4pm Open Gym *Personal Training (call for Appt.)	28 11:00am –11:30am Proverbs Place PE Class  1pm–3pm Open Pickleball	29 <b>Closed For Good Friday</b>	30 <b>Closed For Easter Weekend</b>