



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

703-670-0225 email: LValkenburg@FirstMountZionBC.org

FITNESS COMPLEX HOURS

Monday 9 am to 4 pm	Tuesday 9 am to 4 pm & 6:30 pm to 8:30pm	Wednesday 9 am to 4 pm	Thursday 9 am to 4 pm & 6:30 pm to 8:30pm	Friday 9 am to 1 pm	Saturday 9 am to 1 pm
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April 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<p>10am– 12noon Open Pickleball 1</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>12noon - 4pm Open Gym *Personal Training (call)</p> <p>6:30– 8:30pm Open Pickleball 2</p>	<p>9am - 4pm Open Gymnasium *Personal Training (call for Appt.) 3</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>1pm–3pm Open Pickleball 4</p> <p>6:30pm –8:30pm Open Basketball (16 & Up)</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 5</p>	<p>Closed During 6 Church Meeting: After Meeting Open Basketball Until 1pm</p>
<p>10am– 12noon Open Pickleball 8</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>12noon - 4pm Open Gym *Personal Training (call)</p> <p>6:30– 8:30pm Open Pickleball 9</p>	<p>9:30-10:30am Walk & Tone Group Exercise</p> <p>12noon - 4pm Open Gym *Personal Training 10</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>1pm–3pm Open Pickleball 11</p> <p>6:30pm –8:30pm Open Basketball (16 & Up)</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 12</p>	<p>9am–11am 13 Open Pickleball</p> <p>11am - 1pm Open Basketball</p>
<p>Gymnasium Floor 15 Closed Track & Fitness Room Open *Personal Training (call for Appt.)</p>	<p>Gymnasium Floor 16 Closed Track & Fitness Room Open NO Evening Hours</p>	<p>Gymnasium 17 Floor Closed Track & Fitness Room Open *Personal Training (call for Appt.)</p>	<p>Gymnasium Floor 18 Closed Track & Fitness Room Open NO Evening Hours</p>	<p>Gymnasium 19 Floor Closed Track & Fitness Room Open</p>	<p>20 Closed For Share Distribution</p>
<p>10am– 12noon Open Pickleball 22</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>12noon - 4pm Open Gym *Personal Training (call)</p> <p>6:30– 8:30pm Open Pickleball 23</p>	<p>9:30-10:30am Walk & Tone Group Exercise</p> <p>12noon - 4pm Open Gym *Personal Training (call for Appt.) 24</p>	<p>Gymnasium Floor 25 Closed Track & Fitness Room Open NO Evening Hours</p>	<p>Gymnasium 26 Floor Closed Track & Fitness Room Open</p>	<p>27 Closed For Health Fair</p>
<p>10am– 12noon Open Pickleball 29</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class</p> <p>12noon - 4pm Open Gym *Personal Training (call)</p> <p>6:30– 8:30pm Open Pickleball 30</p>				