



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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

### FITNESS COMPLEX HOURS

<b>Monday</b> 9 am to 4 pm	<b>Tuesday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Wednesday</b> 9 am to 4 pm	<b>Thursday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Friday</b> 9 am to 1 pm	<b>Saturday</b> 9 am to 1 pm
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### May 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<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 12noon - 4pm Open Gym *Personal Training (call) 6:30– 8:30pm Open Pickleball 30</p>	<p>9am - 4pm Open Gymnasium *Personal Training (call for Appt.) 1</p>	<p>11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 &amp; Up) 2</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 3</p>	<p>9am–11am Open Pickleball 11am - 1pm Open Basketball 4</p>
<p>10am– 12noon Open Pickleball 6</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym *Personal Training (call) 6:30– 8:30pm Open Pickleball 7</p>	<p>9:30-10:30am Walk &amp; Tone Group Exercise 12noon - 4pm Open Gym *Personal Training 8</p>	<p>11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 &amp; Up) 9</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 10</p>	<p>9am–11am Open Pickleball 11am - 1pm Open Basketball 11</p>
<p><b>Gymnasium Floor Closed</b> Track &amp; Fitness Room Open *Personal Training (call for Appt.) 13</p>	<p><b>Gymnasium Floor Closed</b> Track &amp; Fitness Room Open <b>NO Evening Hours</b> 14</p>	<p><b>Gymnasium Floor Closed</b> Track &amp; Fitness Room Open *Personal Training (call for Appt.) 15</p>	<p><b>Gymnasium Floor Closed</b> Track &amp; Fitness Room Open <b>NO Evening Hours</b> 16</p>	<p><b>Gymnasium Floor Closed</b> Track &amp; Fitness Room Open 17</p>	<p><b>Closed For Share Distribution</b> 18</p>
<p>10am– 12noon Open Pickleball 20</p> <p>12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)</p>	<p>11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym *Personal Training (call) 6:30– 8:30pm Open Pickleball 21</p>	<p>9:30-10:30am Walk &amp; Tone Group Exercise 12noon - 4pm Open Gym *Personal Training (call for Appt.) 22</p>	<p>11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 &amp; Up) 23</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 24</p>	<p><b>Closed For Memorial Day Weekend</b> 25</p>
<p><b>CLOSED</b> 27</p> <p><b>MEMORIAL DAY</b></p>	<p>11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym *Personal Training (call) 6:30– 8:30pm Open Pickleball 28</p>	<p>9am - 4pm Open Gymnasium *Personal Training (call for Appt.) 29</p>	<p>11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 &amp; Up) 30</p>	<p>9am - 1pm Open Gymnasium *Personal Training (call for Appt.) 31</p>	