



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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June 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
 CLOSED 27 MEMORIAL DAY	11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym *Personal Training (call) 6:30- 8:30pm Open Pickleball	28 9am - 4pm Open Gymnasium *Personal Training (call for Appt.)	29 11:00am -11:30am Proverbs Place PE Class 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Basketball (16 & Up)	30 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	31 9am-11am Open Pickleball 11am - 1pm Open Basketball
3 10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium *Personal Training (call for Appt.)	4 9am - 4pm Open Gymnasium *Personal Training (call for Appt.) 6:30- 8:30pm Open Pickleball	5 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gym *Personal Training	6 9am - 12noon Open Gymnasium 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Basketball (16 & Up)	7 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	8 9am-11am Open Pickleball 11am - 1pm Open Basketball
10 10am- 12noon Open Pickleball 12noon- 4pm Gymnasium Floor Closed Track & Fitness Room Open	11 Gymnasium Floor Closed Track & Fitness Room Open NO Evening Hours	12 Gymnasium Floor Closed Track & Fitness Room Open *Personal Training (call for Appt.)	13 Gymnasium Floor Closed Track & Fitness Room Open NO Evening Hours	14 Gymnasium Floor Closed Track & Fitness Room Open	15 Closed For Voting Set-Up
17 Gymnasium Floor Closed Track & Fitness Room Open	18 CLOSED For Voting	19 CLOSED 	20 Gymnasium Floor Closed Track & Fitness Room Open NO Evening Hours	21 Gymnasium Floor Closed Track & Fitness Room Open	22 Closed For Juneteenth Set-Up
24 Gymnasium Floor Closed Track & Fitness Room Open	25 9am - 1pm VACATION BIBLE SCHOOL 6:30- 8:30pm Open Pickleball	26 9am - 1pm VACATION BIBLE SCHOOL	27 9am - 1pm VACATION BIBLE SCHOOL 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Basketball (16 & Up)	28 9am - 1pm Open Gymnasium *Personal Training (call for Appt.)	29 9am-11am Open Pickleball 11am - 1pm Open Basketball