

FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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

FITNESS COMPLEX HOURS

Monday

Tuesday

Wednesday Thursday Friday

Saturday

9 am to 4 pm 9 am to 1 pm 9 am to 1 pm

6:30 pm to 8:30pm

6:30 pm to 8:30pm

August 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
12noon - 4pm Open Gymnasium	9am - 4pm 30 Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm 31 Open Gymnasium	9am - 12noon 1 Open Gymnasium 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Basketball (16 & Up)		3 Closed For Church Meeting
10am- 12noon Open Pickleball 5 12noon - 4pm Open Gymnasium	9am - 4pm 6 Open Gymnasium No Evening Hours Closed	9am - 4pm 7 Open Gymnasium	9am - 12noon 8 Open Gymnasium 1pm-3pm Open Pickleball No Evening Hours Closed	9am - 1pm 9 Open Gymnasium	9am–11am 10 Open Pickleball 11am - 1pm Open Basketball
12noon - 4pm Open Gymnasium	9am - 4pm 13 Open Gymnasium 6:30-8:30pm Open Pickleball	9am - 4pm 14 Open Gymnasium	9am - 12noon 15 Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm	9am - 1pm 16 Open Gymnasium	9am–11am 17 Open Pickleball 11am - 1pm Open Basketball
12noon - 4pm Open Gymnasium	9am - 4pm 20 Open Gymnasium 6:30- 8:30pm Open Pickleball	9am - 4pm 21 Open Gymnasium	9am - 12noon 22 Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm 23 Open Gymnasium	24 Closed For Share Distribution
10am– 12noon Open Pickleball 26 12noon - 4pm Open Gymnasium	9am - 4pm 27 Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm 28 Open Gymnasium	9am - 12noon 29 Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm 30 Open Gymnasium	31 Closed For Labor Day Weekend