



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 4 pm & 6:30 pm to 8:30pm	9 am to 4 pm	9 am to 4 pm & 6:30 pm to 8:30pm	9 am to 1 pm	9 am to 1 pm

August 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm Open Gymnasium	Closed For Church Meeting
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium No Evening Hours Closed	9am - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball No Evening Hours Closed	9am - 1pm Open Gymnasium	9am–11am Open Pickleball 11am - 1pm Open Basketball
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm	9am - 1pm Open Gymnasium	9am–11am Open Pickleball 11am - 1pm Open Basketball
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm Open Gymnasium	Closed For Share Distribution
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm Open Gymnasium	Closed For Labor Day Weekend