




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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July 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	 Closed for 4th of July	Closed for 4th of July Weekend	Closed for 4th of July Weekend
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium 6:30– 8:30pm Open Pickleball	9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	9am - 12noon Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	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
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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