

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

Wednesday Thursday Friday

Saturday

9 am to 4 pm 9 am to 4 pm 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

July 2024 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am- 12noon Open Pickleball 1 12noon - 4pm Open Gymnasium	9am - 4pm 2 Open Gymnasium 6:30– 8:30pm Open Pickleball	9am - 4pm 3 Open Gymnasium	Closed for 4th of July	5 Closed for 4th of July Weekend	6 Closed for 4th of July Weekend
10am- 12noon Open Pickleball 8 12noon - 4pm Open Gymnasium	9am - 4pm 9 Open Gymnasium 6:30- 8:30pm Open Pickleball	9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	9am - 12noon 11 Open Gymnasium 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Basketball (16 & Up)	9am - 1pm 12 Open Gymnasium	9am–11am 13 Open Pickleball 11am - 1pm Open Basketball
10am- 12noon Open Pickleball 15 12noon - 4pm Open Gymnasium	9am - 4pm 16 Open Gymnasium 6:30- 8:30pm Open Pickleball	9am - 4pm 17 Open Gymnasium	9am - 12noon 18 Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm	9am - 1pm 19 Open Gymnasium	9am–11am 20 Open Pickleball 11am - 1pm Open Basketball
10am- 12noon Open Pickleball 22 12noon - 4pm Open Gymnasium	9am - 4pm 23 Open Gymnasium 6:30- 8:30pm Open Pickleball	9:30-10:30am 24 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	9am - 12noon 25 Open Gymnasium 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Basketball (16 & Up)	9am - 1pm 26 Open Gymnasium	27 Closed For Share Distribution
10am– 12noon Open Pickleball 29 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)	9am - 1pm 2 Open Gymnasium	3 Closed For Church Meeting