



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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### FITNESS COMPLEX HOURS

<b>Monday</b> 9 am to 4 pm	<b>Tuesday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Wednesday</b> 9 am to 4 pm	<b>Thursday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Friday</b> 9 am to 1 pm	<b>Saturday</b> 9 am to 1 pm
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### October 2024 Gymnasium Floor Events (updated)

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 30 12noon - 4pm Open Gymnasium	11:00am –11:30am 1 Proverbs Place PE Class 12noon - 4pm Open Gym  6:30pm –8:30pm Open Pickleball	9am - 4pm 2 Open Gymnasium	11:00am –11:30am 3 Proverbs Place PE Class 1pm–3pm Open Pickleball  7pm-8pm Line Dancing	9am - 1pm 4 Open Gymnasium	9am –1pm 5 Open Pickleball
10am– 12noon Open Pickleball 7 12noon - 4pm Open Gymnasium	11:00am –11:30am 8 Proverbs Place PE Class 12noon - 4pm Open Gym  6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 9 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am 10 Proverbs Place PE Class 1pm–3pm Open Pickleball  7pm-8pm Line Dancing	9am - 1pm 11 Open Gymnasium	12 Closed For Columbus Day Weekend
14 <b>Closed for Columbus Day</b>	15 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open  <b>NO Evening Hours</b>	16 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open	17 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open  <b>NO Evening Hours</b>	18 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open	19 9am –1pm Open Pickleball
10am– 12noon Open Pickleball 21 12noon - 4pm Open Gymnasium	11:00am –11:30am 22 Proverbs Place PE Class 12noon - 4pm Open Gym  6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 23 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am 24 Proverbs Place PE Class 1pm–3pm Open Pickleball  7pm-8pm Line Dancing	9am - 1pm 25 Open Gymnasium	26 Closed For Share Distribution
10am– 12noon Open Pickleball 28 12noon - 4pm Open Gymnasium	11:00am –11:30am 29 Proverbs Place PE Class 12noon - 4pm Open Gym  6:30pm - 8:30pm Open Basketball (16 & Up)	30 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open	31 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open  <b>NO Evening Hours for Harvest Festival</b>	1 <b>Gymnasium Floor Closed</b> Track & Fitness Room Open	2 Closed For Events