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

February 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
27 10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	28 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	29 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	30 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	31 9am - 1pm Open Gymnasium	1 **Closed For Church Meeting**
3 10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	4 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	5 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	6 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	7 9am - 1pm Open Gymnasium	8 9am - 11pm Open Pickleball 11am - 1pm Open Gymnasium
10 10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	11 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	12 9am - 4pm Open Gymnasium	13 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	14 9am - 1pm Open Gymnasium	15 **Closed for Presidents Day Weekend**
17 **Closed For Presidents Day**	18 **Gymnasium Floor Closed** Track & Fitness Room Open **NO Evening Hours**	19 **Gymnasium Floor Closed** Track & Fitness Room Open	20 **Gymnasium Floor Closed** Track & Fitness Room Open **NO Evening Hours**	21 **Gymnasium Floor Closed** Track & Fitness Room Open	22 **Closed for Share Distribution**
24 10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	25 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	26 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	27 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	28 9am - 1pm Open Gymnasium	1 9am - 11pm Open Pickleball 11am - 1pm Open Gymnasium