

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 <u>Thursday</u> 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

January 2025 (updated) Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 30 12noon - 4pm Open Gymnasium	9am - 4pm 3' Open Gymnasium NO Evening Hours	Closed For New Year's Day	9am - 1pm 2 Open Gymnasium 1pm–3pm Open Pickleball 7pm –8pm Open Pickleball	Open Gymnasium	9am - 11pm 4 Open Pickleball 11am - 1pm Open Gymnasium
10am- 12noon Open Pickleball 6 12noon - 4pm Open Gymnasium	11:00am -11:30am Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 9 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm 10 Open Gymnasium	9am - 11pm 11 Open Pickleball 11am - 1pm Open Gymnasium
Gymnasium 13 Floor Closed Track & Fitness Room Open	Gymnasium Floor 14 Closed Track & Fitness Room Open NO Evening Hours	Gymnasium 15 Floor Closed Track & Fitness Room Open	Closed Track & Fitness Room Open	Gymnasium 17 Floor Closed Track & Fitness Room Open	18 Closed MLK Day Weekend
Closed For Martin L. King, Jr. Day	11:00am -11:30am 2' Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 23 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm 24 Open Gymnasium	9am - 11pm 25 Open Pickleball 11am - 1pm Open Gymnasium
10am– 12noon Open Pickleball 27 12noon - 4pm Open Gymnasium	11:00am –11:30am 28 Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 30 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm 31 Open Gymnasium	Closed For Church Meeting