



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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January 2025 (updated) Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 12noon - 4pm Open Gymnasium	9am - 4pm Open Gymnasium NO Evening Hours	Closed For New Year's Day	9am - 1pm Open Gymnasium 1pm–3pm Open Pickleball 7pm –8pm Open Pickleball	9am - 1pm Open Gymnasium	9am - 11pm Open Pickleball 11am - 1pm Open Gymnasium
10am– 12noon Open Pickleball 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 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm Open Gymnasium	9am - 11pm Open Pickleball 11am - 1pm Open Gymnasium
Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open NO Evening Hours	Gymnasium Floor Closed Track & Fitness Room Open	Gymnasium Floor Closed Track & Fitness Room Open NO Evening Hours	Gymnasium Floor Closed Track & Fitness Room Open	Closed MLK Day Weekend
Closed For Martin L. King, Jr. Day	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 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm Open Gymnasium	9am - 11pm Open Pickleball 11am - 1pm Open Gymnasium
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