



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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April 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am- 12noon Open Pickleball 24 12noon - 4pm Open Gymnasium	11:00am -11:30am 25 Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 26 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am -11:30am 27 Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm -8pm Line Dancing	9am - 1pm 28 Open Gymnasium	9am - 11pm 29 Open Pickleball 11am - 1pm Open Basketball
10am- 12noon Open Pickleball 31 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 1 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 2 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am -11:30am 3 Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm -8pm Line Dancing	9am - 1pm 4 Open Gymnasium	Closed for Church Meeting 5
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 12noon - 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	9am - 11pm 12 Open Pickleball 11am - 1pm Open Basketball
Fitness Room & Track Open 14 Gymnasium Floor Closed	Fitness Room & Track Open 15 Gymnasium Floor Closed NO Evening Hours	Fitness Room & Track Open 16 Gymnasium Floor Closed	Fitness Room & Track Open 17 Gymnasium Floor Closed NO Evening Hours	Closed for Good Friday 18	Closed for Easter Weekend 19
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 12noon - 4pm Open Gymnasium	Fitness Room & Track Open 24 Gymnasium Floor Closed NO Evening Hours	Fitness Room & Track Open 25 Gymnasium Floor Closed	Closed for Health Fair 26