



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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### FITNESS COMPLEX HOURS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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

### May 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
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	9:30-10:30am 30 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 1 Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	9am - 1pm 2 Open Gymnasium	9am - 11pm 3 Open Pickleball 11am - 1pm Open Basketball
10am– 12noon Open Pickleball 5 12noon - 4pm Open Gymnasium	11:00am –11:30am 6 Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 7 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 8 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm 9 Open Gymnasium	10 Closed for Mother's Day Weekend
10am– 12noon Open Pickleball 12 12noon - 4pm Open Gymnasium	11:00am –11:30am 13 Proverbs Place PE Class 12noon - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 14 Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium	11:00am –11:30am 15 Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	9am - 1pm 16 Open Gymnasium	17 9am - 11pm Open Pickleball 11am - 1pm Open Basketball
10am– 12noon Open Pickleball 19 12noon - 4pm Fitness Room & Track Open Gymnasium Floor Closed	20 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	21 Fitness Room & Track Open Gymnasium Floor Closed	22 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	23 9am - 1pm Open Gymnasium	24 Closed for Memorial Day Weekend
26 Closed for Memorial Day Memorial Day Weekend	27 9am - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)	28 9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gym	29 9am - 4pm Open Gym 1pm–3pm Open Pickleball 7pm –8pm Line Dancing	30 9am - 1pm Open Gymnasium	31 9am - 11pm Open Pickleball Open Basketball