



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

June 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<div>26</div> <div>Closed for Memorial Day Memorial Day Weekend</div>	<div>27</div> <div>9am - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>28</div> <div>9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gym</div>	<div>29</div> <div>9am - 1pm Open Gym 1pm-3pm Open Pickleball 7pm-8pm Line Dancing</div>	<div>30</div> <div>9am - 1pm Open Gymnasium</div>	<div>31</div> <div>9am - 11pm Open Pickleball 11am - 1pm Open Basketball</div>
<div>2</div> <div>10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium</div>	<div>3</div> <div>9am - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>4</div> <div>9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium</div>	<div>5</div> <div>9am - 1pm Open Gym 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball</div>	<div>6</div> <div>9am - 1pm Open Gymnasium</div>	<div>7</div> <div>9am - 11pm Open Pickleball 11am - 1pm Open Basketball</div>
<div>9</div> <div>10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium</div>	<div>10</div> <div>9am - 4pm Open Gym 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>11</div> <div>9:30-10:30am Walk & Tone Group Exercise 12noon - 4pm Open Gymnasium</div>	<div>12</div> <div>9am - 1pm Open Gym 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball</div>	<div>13</div> <div>9am - 1pm Open Gymnasium</div>	<div>14</div> <div>Closed for Father's Day Weekend</div>
<div>16</div> <div>10am- 12noon Open Pickleball Fitness Room Open 12noon - 4pm Track & Gymnasium Floor Closed</div>	<div>17</div> <div>Fitness Room Open Track & Gymnasium Floor Closed NO Evening Hours</div>	<div>18</div> <div>Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>19</div> <div> Closed for JUNETEENTH</div>	<div>20</div> <div>Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>21</div> <div>Closed</div>
<div>23</div> <div>9am - 1pm VBS Fitness Room & Track Open Gymnasium Floor Closed 1pm-4pm Open Gymnasium</div>	<div>24</div> <div>9am - 1pm VBS Fitness Room & Track Open Gymnasium Floor Closed 1pm-4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>25</div> <div>9am - 1pm VBS Fitness Room & Track Open Gymnasium Floor Closed 1pm-4pm Open Gymnasium</div>	<div>26</div> <div>9am - 1pm VBS Fitness Room & Track Open Gymnasium Floor Closed 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball</div>	<div>27</div> <div>9am - 1pm VBS Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>28</div> <div>Closed for Share Distribution</div>