



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

August 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am- 12noon Open Pickleball 28 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 29 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 30	9am - 1pm Open Gym 31 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball	9am - 1pm 1 Open Gymnasium	2 Closed for Church Meeting
10am- 12noon Open Pickleball 4 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 5 6:30 pm-8:30 pm Closed For Revival	9am - 4pm Open Gym 6	9am - 1pm Open Gym 7 1pm-3pm Open Pickleball 6:30 pm-8:30 pm Closed For Revival	9am - 1pm 8 Open Gymnasium	9 9am - 11pm Open Pickleball 9am Core Ministry Exercise Class 11am - 1pm Open Basketball
10am- 12noon Open Pickleball 11 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 12 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 13	9am - 1pm Open Gym 14 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball	9am - 1pm 15 Open Gymnasium	16 9am - 11pm Open Pickleball 11am - 1pm Open Basketball
10am- 12noon Open Pickleball 18 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 19 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 20	9am - 1pm Open Gym 21 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball	9am - 1pm 22 Open Gymnasium	23 Closed for Share Distribution
10am- 12noon Open Pickleball 25 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 26 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 27	9am - 1pm Open Gym 28 1pm-3pm Open Pickleball 6:30pm -8:30pm Open Pickleball	9am - 1pm 29 Open Gymnasium	30 Closed for Labor Day Weekend