



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

703-670-0225 email: LValkenburg@FirstMountZionBC.org

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

July 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 30 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 1 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 2	9am - 1pm Open Gym 3 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Pickleball	 Closed for 4th of July 4	Closed for 4th of July Weekend 5
7 Closed for Deep Cleaning	8 Closed for Deep Clean	9 Closed for Deep Clean	10 Closed for Deep Clean	11 Closed for Deep Clean	12 Closed for Deep Clean
10am– 12noon Open Pickleball 14 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 15 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 16	9am - 1pm Open Gym 17 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Pickleball	9am - 1pm Open Gymnasium 18	9am - 11pm Open Pickleball 19 11am - 1pm Open Basketball
10am– 12noon Open Pickleball 21 12noon - 4pm Open Gymnasium	9am - 4pm Open Gym 22 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gym 23	9am - 1pm Open Gym 24 1pm–3pm Open Pickleball 6:30pm –8:30pm Open Pickleball	9am - 1pm Open Gymnasium 25	Closed for Share Distribution 26
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 Open Gymnasium 1	Closed for Church Meeting 2