



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

October 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<div>29</div> <div>Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>30</div> <div>9am - 4pm Open Gymnasium</div> <div>6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>1</div> <div>9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</div>	<div>2</div> <div>11:00am - 11:30am Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm - 8pm Line Dancing</div> <div>Line Dance</div> <div></div>	<div>3</div> <div>9am - 1pm Open Gymnasium</div>	<div>4</div> <div>Closed for the Women's Ministry Brunch</div>
<div>6</div> <div>10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium</div> <div></div>	<div>7</div> <div>9am - 4pm Open Gymnasium</div> <div>6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>8</div> <div>Walk & Tone Cancelled 9am - 4pm Open Gymnasium</div>	<div>9</div> <div>9am - 1pm Open Gymnasium 1pm-3pm Open Pickleball 7pm - 8pm Line Dancing</div> <div>Line Dance</div> <div></div>	<div>10</div> <div>9am - 1pm Open Gymnasium</div>	<div>11</div> <div>Closed for the Columbus Day Weekend</div>
<div>13</div> <div>Closed for Columbus Day</div>	<div>14</div> <div>Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours</div>	<div>15</div> <div>Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>16</div> <div>Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours</div>	<div>17</div> <div>Fitness Room & Track Open Gymnasium Floor Closed</div>	<div>18</div> <div>9am - 1pm Open Gymnasium</div>
<div>20</div> <div>10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium</div> <div></div>	<div>21</div> <div>11:00am - 11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>22</div> <div>9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</div>	<div>23</div> <div>11:00am - 11:30am Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm - 8pm Line Dancing</div> <div>Line Dance</div> <div></div>	<div>24</div> <div>9am - 1pm Open Gymnasium</div>	<div>25</div> <div>Closed for Share Distribution</div>
<div>27</div> <div>10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium</div> <div></div>	<div>28</div> <div>11:00am - 11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)</div>	<div>29</div> <div>9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</div>	<div>30</div> <div>11:00am - 11:30am Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm - 8pm Line Dancing</div> <div>Line Dance</div> <div></div>	<div>31</div> <div>9am - 1pm Open Gymnasium</div>	<div>1</div> <div>Harvest Festival</div>