



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

September 2025 Gymnasium Floor Events (UPDATED)

Mon	Tue	Wed	Thu	Fri	Sat
1 Closed for Labor Day	2 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	3 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	4 9am - 1pm Open Gymnasium 1pm-3pm Open Pickleball 7pm -8pm Line Dancing <i>Line Dance</i> 	5 9am - 1pm Open Gymnasium	6 9am - 11am Open Pickleball 12noon Back to School Block Party Begins
8 10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium 	9 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	10 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11 9am - 1pm Open Gymnasium 1pm-3pm Open Pickleball 7pm -8pm Line Dancing <i>Line Dance</i> 	12 9am - 1pm Open Gymnasium	13  CAST YOUR VOTE Closed for Voting Day
15 10am- 12noon Open Pickleball Fitness & Track Room Open 12noon - 4pm Gymnasium Floor Closed	16 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	17 Fitness Room & Track Open Gymnasium Floor Closed	18 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	17 Fitness Room & Track Open Gymnasium Floor Closed	20 Closed for Share Distribution
22 10am- 12noon Open Pickleball 12noon - 4pm Open Gymnasium 	23 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	24 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	25 9am - 1pm Open Gymnasium 1pm-3pm Open Pickleball 7pm -8pm Line Dancing <i>Line Dance</i> 	26 9am - 1pm Open Gymnasium	27 Closed for Small Groups Set-Up
29 Fitness Room & Track Open Gymnasium Floor Closed	30 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	1 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	2 11:00am -11:30am Proverbs Place PE Class 1pm-3pm Open Pickleball 7pm -8pm Line Dancing <i>Line Dance</i> 	3 9am - 1pm Open Gymnasium	4 10am Core Ministry Exercise Class