



# 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

### December 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>11:00am –11:30am</b> Proverbs Place PE Class <b>12noon - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> <b>Open Basketball (16 &amp; Up)</b>	<b>9:30-10:30am</b> <b>Walk &amp; Tone</b> <b>Group Exercise</b> <b>11am - 4pm</b> <b>Open Gymnasium</b>	<b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>6:30pm - 8:30pm Open Gymnasium</b>	<b>9am - 1pm</b> <b>Open Gymnasium</b>	<b>Closed For Church Meeting</b>
<b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>11:00am –11:30am</b> Proverbs Place PE Class <b>12noon - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> <b>Open Basketball (16 &amp; Up)</b>	<b>9:30-10:30am</b> <b>Walk &amp; Tone</b> <b>Group Exercise</b> <b>11am - 4pm</b> <b>Open Gymnasium</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>  <b>NO Evening Hours</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>
<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>  <b>NO Evening Hours</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>  <b>NO Evening Hours</b>	<b>Fitness Room &amp; Track Open</b> <b>Gymnasium Floor Closed</b>	<b>Closed For Share Distribution</b>
<b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>9am - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> <b>Open Basketball (16 &amp; Up)</b>	<b>9am - 4pm</b> <b>Open Gymnasium</b>	<b>Closed For Christmas Day</b>	<b>Closed For Christmas</b>	<b>Closed For Christmas Weekend</b>
<b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>9am - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> <b>Open Basketball (16 &amp; Up)</b>	<b>9am - 4pm</b> <b>Open Gymnasium</b>	<b>Closed For New Year's Day</b>	<b>Closed For New Year's Day Weekend</b>	<b>Closed For New Year's Day Weekend</b>