



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

January 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 29  12noon - 4pm Open Gymnasium	30 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	31 9am - 4pm Open Gymnasium	1 Closed For New Year's Day	2 Closed For New Year's Day Weekend	3 Closed For New Year's Day Weekend
10am– 12noon Open Pickleball 5  12noon - 4pm Open Gymnasium	6 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	7 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	8 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing 	9 9am - 1pm Open Gymnasium	10 9am - 11pm Open Pickleball 11:00am - 1pm Open Basketball
10am– 12noon Open Pickleball 12  12noon - 4pm Open Gymnasium	13 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	14 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	15 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing 	16 9am - 1pm Open Gymnasium	17 Closed For MLK Day Weekend
19 Closed For Martin L. King, Jr. Day	20 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	21 Fitness Room & Track Open Gymnasium Floor Closed	22 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	23 Fitness Room & Track Open Gymnasium Floor Closed	24 Closed For Share Distribution
10am– 12noon Open Pickleball 26  12noon - 4pm Open Gymnasium	27 11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	28 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	29 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing 	30 9am - 1pm Open Gymnasium	31 10am Core Ministry Exercise Class