



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	9 am to 4 pm	9 am to 4 pm	9 am to 1 pm	9 am to 1 pm
	& 6:30 pm to 8:30pm		& 6:30 pm to 8:30pm		

January 2026 Gymnasium Floor Events

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