



# 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 (updated2)

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> Open Basketball (16 & Up)	<b>9:30-10:30am</b> Walk & Tone Group Exercise <b>11am - 4pm</b> Open Gymnasium	<b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>7pm –8pm</b> Line Dancing 	<b>9am - 1pm</b> Open Gymnasium	<b>9am - 11pm</b> Open Pickleball <b>11:00am - 1pm</b> Open Basketball
<b>12</b> <u>Fitness Room &amp; Track Open</u> Gymnasium Floor Closed	<b>13</b> <b>Closed For The Special Election Voting Poll Station</b>	<b>14</b> <u>Fitness Room &amp; Track Open</u> Gymnasium Floor Closed	<b>15</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>7pm –8pm</b> Line Dancing 	<b>16</b> <b>9am - 1pm</b> Open Gymnasium	<b>17</b> <b>9am - 1pm</b> Open Gymnasium
<b>19</b> <b>Closed For Martin L. King, Jr. Day</b>	<b>20</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>12noon - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> Open Basketball (16 & Up)	<b>21</b> <b>9:30-10:30am</b> Walk & Tone Group Exercise <b>11am - 4pm</b> Open Gymnasium	<b>22</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>6:30pm–8:30pm Open Pickleball</b>	<b>23</b> <b>9am - 1pm</b> Open Gymnasium	<b>24</b> <b>Closed For Share Distribution</b>
<b>26</b> <b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>27</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>12noon - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> Open Basketball (16 & Up)	<b>28</b> <b>9:30-10:30am</b> Walk & Tone Group Exercise <b>11am - 4pm</b> Open Gymnasium	<b>29</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>7pm –8pm</b> Line Dancing 	<b>30</b> <b>9am - 1pm</b> Open Gymnasium	<b>31</b> <b>10am</b> Core Ministry Exercise Class
<b>2</b> <b>10am– 12noon Open Pickleball</b>  <b>12noon - 4pm Open Gymnasium</b>	<b>3</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>12noon - 4pm Open Gymnasium</b>  <b>6:30pm - 8:30pm</b> Open Basketball (16 & Up)	<b>4</b> <b>9:30-10:30am</b> Walk & Tone Group Exercise <b>11am - 4pm</b> Open Gymnasium	<b>5</b> <b>11:00am –11:30am</b> Proverbs Place PE Class <b>1pm–3pm Open Pickleball</b>  <b>7pm –8pm</b> Line Dancing 	<b>6</b> <b>9am - 1pm</b> Open Gymnasium	<b>7</b> <b>Closed For Church Meeting</b>