



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

703-670-0225 email: LValkenburg@FirstMountZionBC.org

### 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 (updated2)

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