



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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### FITNESS COMPLEX HOURS

<b>Monday</b> 9 am to 4 pm	<b>Tuesday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Wednesday</b> 9 am to 4 pm	<b>Thursday</b> 9 am to 4 pm & 6:30 pm to 8:30pm	<b>Friday</b> 9 am to 1 pm	<b>Saturday</b> 9 am to 1 pm
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### February 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<p>10am– 12noon Open Pickleball <b>2</b></p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>3</b> Proverbs Place PE Class 12noon - 4pm Open Gymnasium</p> <p><b>NO Evening Hours</b></p>	<p>9:30-10:30am <b>4</b> Walk &amp; Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>5</b> Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm <b>6</b> Open Gymnasium</p>	<p><b>7</b> <b>Closed For Church Meeting</b></p>
<p>10am– 12noon Open Pickleball <b>9</b></p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>10</b> Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 &amp; Up)</p>	<p>9:30-10:30am <b>11</b> Walk &amp; Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>12</b> Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm <b>13</b> Open Gymnasium</p>	<p>9am - 11pm <b>14</b> Open Pickleball 11:00am - 1pm Open Basketball</p>
<p><b>16</b> <b>Closed For President's Day</b></p>	<p><b>17</b> <b>Fitness Room &amp; Track Open</b> Gymnasium Floor Closed</p> <p><b>NO Evening Hours</b></p>	<p><b>18</b> <b>Fitness Room &amp; Track Open</b> Gymnasium Floor Closed</p>	<p><b>19</b> <b>Fitness Room &amp; Track Open</b> Gymnasium Floor Closed</p> <p><b>NO Evening Hours</b></p>	<p><b>20</b> <b>Fitness Room &amp; Track Open</b> Gymnasium Floor Closed</p>	<p><b>21</b> <b>Closed For Share Distribution</b></p>
<p>10am– 12noon Open Pickleball <b>23</b></p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>24</b> Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 &amp; Up)</p>	<p>9:30-10:30am <b>25</b> Walk &amp; Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>26</b> Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm <b>27</b> Open Gymnasium</p>	<p><b>28</b> 10am Core Fit Exercise Class</p>
<p>10am– 12noon Open Pickleball <b>2</b></p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>3</b> Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 &amp; Up)</p>	<p>9:30-10:30am <b>4</b> Walk &amp; Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am <b>5</b> Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Pickleball Clinic</p>	<p>9am - 1pm <b>6</b> Open Gymnasium</p>	<p>9am - 11pm <b>7</b> Open Pickleball 11:00am - 1pm Open Basketball</p>