



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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

FITNESS COMPLEX HOURS

Monday 9 am to 4 pm	Tuesday 9 am to 4 pm & 6:30 pm to 8:30pm	Wednesday 9 am to 4 pm	Thursday 9 am to 4 pm & 6:30 pm to 8:30pm	Friday 9 am to 1 pm	Saturday 9 am to 1 pm
-------------------------------	--	----------------------------------	---	-------------------------------	---------------------------------

May 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
<p>10am– 12noon Open Pickleball 27</p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 28 Proverbs Place PE Class 12noon - 4pm Open Gymnasium</p> <p>6:30pm - 8:30pm Open Basketball (16 & Up)</p>	<p>9:30-10:30am 29 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 30 Proverbs Place PE Class 1pm–3pm Open Pickleball</p> <p>6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm 1 Open Gymnasium</p>	<p>2 Closed For Middle School Lock-In</p>
<p>10am– 12noon Open Pickleball 4</p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 5 Proverbs Place PE Class 12noon - 4pm Open Gymnasium</p> <p>6:30pm - 8:30pm Open Basketball (16 & Up)</p>	<p>9:30-10:30am 6 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 7 Proverbs Place PE Class 1pm–3pm Open Pickleball</p> <p>6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm 8 Open Gymnasium</p>	<p>9 10am Core Fit Exercise Class</p>
<p>10am– 12noon Open Pickleball 11</p> <p>12noon - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 12 Proverbs Place PE Class 12noon - 4pm Open Gymnasium</p> <p>6:30pm - 8:30pm Open Basketball (16 & Up)</p>	<p>9:30-10:30am 13 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 14 Proverbs Place PE Class 1pm–3pm Open Pickleball</p> <p>6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm 15 Open Gymnasium</p>	<p>16 Closed For Share Distribution</p>
<p>10am– 12noon Open Pickleball 18</p> <p>12noon Gymnasium Floor Closed</p>	<p>Fitness Room & Track Open 19 Gymnasium Floor Closed</p> <p>NO Evening Hours</p>	<p>Fitness Room & Track Open 20 Gymnasium Floor Closed</p>	<p>Fitness Room & Track Open 21 Gymnasium Floor Closed</p> <p>NO Evening Hours</p>	<p>9am - 1pm 22 Open Gymnasium</p>	<p>23 Closed For Memorial Day Weekend</p>
<p>25 Closed For Memorial Day</p>	<p>11:00am –11:30am 26 Proverbs Place PE Class 12noon - 4pm Open Gymnasium</p> <p>6:30pm - 8:30pm Open Basketball (16 & Up)</p>	<p>9:30-10:30am 27 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium</p>	<p>11:00am –11:30am 28 Proverbs Place PE Class 1pm–3pm Open Pickleball</p> <p>6:30pm–8:30pm Open Pickleball</p>	<p>9am - 1pm 29 Open Gymnasium</p>	<p>9am - 11pm 30 Open Pickleball 11:00am - 1pm Open Basketball</p>