



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 & 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

June 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
25 Closed For Memorial Day	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 6:30pm–8:30pm Open Pickleball	29 9am - 1pm Open Gymnasium	30 9am - 11pm Open Pickleball 11:00am - 1pm Open Basketball
1 10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	2 9am- 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 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	5 9am - 1pm Open Gymnasium	6 10am Core Fit Exercise Class
8 10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	9 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	10 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	12 9am - 1pm Open Gymnasium	13 Closed For Juneteenth Celebration
15 10am– 12noon Open Pickleball  12noon Gymnasium Floor Closed	16 <u>Fitness Room & Track Open</u> Gymnasium Floor Closed NO Evening Hours	17 <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	18 <u>Fitness Room & Track Open</u> Gymnasium Floor Closed NO Evening Hours	19 Closed For Juneteenth	20 Closed for Juneteenth Weekend
22 9am - 1pm VBS <u>Fitness Room & Track Open</u> Gymnasium Floor Closed 1pm–4pm Open Gymnasium	23 9am - 2pm VBS <u>Fitness Room & Track Open</u> Gymnasium Floor Closed 1pm–4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	24 9am - 2pm VBS <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	25 9am - 2pm VBS <u>Fitness Room & Track Open</u> Gymnasium Floor Closed 6:30pm–8:30pm Open Pickleball	26 9am - 2pm VBS <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	27 Closed For Share Distribution