



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
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June 2026 Gymnasium Floor Events (Updated 6/2/2026)

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball NO Evening Hours (Rio Hondo)	9am - Noon Open Gymnasium 12 Noon Staff Walk Fit Class	10am Core Fit Exercise Class
10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	9am - 1pm Open Gymnasium	Closed For Juneteenth Celebration
10am– 12noon Open Pickleball  12noon Gymnasium Floor Closed	<u>Fitness Room & Track Open</u> Gymnasium Floor Closed NO Evening Hours	<u>Fitness Room & Track Open</u> Gymnasium Floor Closed	<u>Fitness Room & Track Open</u> Gymnasium Floor Closed NO Evening Hours	Closed For Juneteenth	Closed for Juneteenth Weekend
Open for Vacation Bible School Only Fitness Center Closed	Open for Vacation Bible School Only Fitness Center Closed	Open for Vacation Bible School Only Fitness Center Closed	Open for Vacation Bible School Only Fitness Center Closed	Open for Vacation Bible School Only Fitness Center Closed	Closed For Share Distribution
10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9am - 4pm Open Gymnasium	9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	Closed For 4th of July Weekend	 Closed For 4th of July Weekend