



# FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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### 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<br>&<br>6:30 pm to 8:30pm | 9 am to 4 pm     | 9 am to 4 pm<br>&<br>6:30 pm to 8:30pm | 9 am to 1 pm  | 9 am to 1 pm    |

### July 2026 Gymnasium Floor Events

| Mon                                                                                                                                                                 | Tue                                                                                       | Wed                                | Thu                                                                                                         | Fri                                                                                                                            | Sat                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>10am– 12noon Open Pickleball</b> 29<br><br><b>12noon - 4pm Open Gymnasium</b>   | <b>9am- 4pm Open Gymnasium</b> 30<br><b>6:30pm - 8:30pm Open Basketball (16 &amp; Up)</b> | <b>9am - 4pm Open Gymnasium</b> 1  | <b>9am– 1pm Open Gymnasium</b> 2<br><b>1pm–3pm Open Pickleball</b><br><b>6:30pm–8:30pm Open Pickleball</b>  | <br><b>Closed For 4th of July Weekend</b> 3 | <br><b>Closed For 4th of July Weekend</b> 4 |
| <b>10am– 12noon Open Pickleball</b> 6<br><br><b>12noon - 4pm Open Gymnasium</b>    | <b>9am- 4pm Open Gymnasium</b> 7<br><b>6:30pm - 8:30pm Open Basketball (16 &amp; Up)</b>  | <b>9am - 4pm Open Gymnasium</b> 8  | <b>9am– 1pm Open Gymnasium</b> 9<br><b>1pm–3pm Open Pickleball</b><br><b>6:30pm–8:30pm Open Pickleball</b>  | <b>9am - 1pm Open Gymnasium</b> 10                                                                                             | <b>10:00am Line Dancing</b> 11<br>          |
| <b>10am– 12noon Open Pickleball</b> 13<br><br><b>12noon - 4pm Open Gymnasium</b> | <b>9am- 4pm Open Gymnasium</b> 14<br><b>6:30pm - 8:30pm Open Basketball (16 &amp; Up)</b> | <b>9am - 4pm Open Gymnasium</b> 15 | <b>9am– 1pm Open Gymnasium</b> 16<br><b>1pm–3pm Open Pickleball</b><br><b>6:30pm–8:30pm Open Pickleball</b> | <b>9am - 1pm Open Gymnasium</b> 17                                                                                             | <b>10:00am Line Dancing</b> 18<br>        |
| <b>10am– 12noon Open Pickleball</b> 20<br><br><b>12noon - 4pm Open Gymnasium</b> | <b>9am- 4pm Open Gymnasium</b> 21<br><b>6:30pm - 8:30pm Open Basketball (16 &amp; Up)</b> | <b>9am - 4pm Open Gymnasium</b> 22 | <b>9am– 1pm Open Gymnasium</b> 23<br><b>1pm–3pm Open Pickleball</b><br><b>6:30pm–8:30pm Open Pickleball</b> | <b>9am - 1pm Open Gymnasium</b> 24                                                                                             | <b>Closed For Share Distribution</b> 25                                                                                        |
| <b>10am– 12noon Open Pickleball</b> 27<br><br><b>12noon - 4pm Open Gymnasium</b> | <b>9am- 4pm Open Gymnasium</b> 28<br><b>6:30pm - 8:30pm Open Basketball (16 &amp; Up)</b> | <b>9am - 4pm Open Gymnasium</b> 29 | <b>9am– 1pm Open Gymnasium</b> 30<br><b>1pm–3pm Open Pickleball</b><br><b>6:30pm–8:30pm Open Pickleball</b> | <b>9am - 1pm Open Gymnasium</b> 31                                                                                             | <b>Closed For Church Meeting</b> 1                                                                                             |