



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 & 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

August 2026 Gymnasium Floor Events (updated)

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 27  12noon - 4pm Open Gymnasium	28 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	29 9am - 4pm Open Gymnasium	30 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	31 9am - 1pm Open Gymnasium	1 Closed For Church Meeting
3 Fitness Room & Track Open Gymnasium Floor Closed	4 Closed Voting Poll Station Special Election	5 Fitness Room & Track Open Gymnasium Floor Closed for Clean Up	6 9am– 1pm Fitness Room & Track Open Gymnasium Floor Closed 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	7 9am - 1pm Open Gymnasium	8 9am - 1pm Open Gymnasium
10am– 12noon Open Pickleball 10  12noon - 4pm Open Gymnasium	11 9am- 4pm Open Gymnasium Closed in the Evening For Revival	12 9am - 4pm Open Gymnasium	13 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	14 9am - 1pm Open Gymnasium	15 10:00am Line Dancing 
10am– 12noon Open Pickleball 17  12noon - 4pm Open Gymnasium	18 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	19 9am - 4pm Open Gymnasium	20 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	21 9am - 1pm Open Gymnasium	22 9am - 1pm Open Gymnasium
10am– 12noon Open Pickleball 24  12noon - 4pm Open Gymnasium	25 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	26 9am - 4pm Open Gymnasium	27 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	28 9am - 1pm Open Gymnasium	29 Closed For Share Distribution