



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

October 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
9am– 4pm Fitness Room & Track Open Gymnasium Floor Closed	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: Closed for Special Call Meeting	9am - 1pm Open Gymnasium	9am - 11am Open Pickleball 11am - 1pm Open Basketball
10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball 	9am - 1pm Open Gymnasium	9am - 11am Open Pickleball 11am - 1pm Open Basketball
Closed For Indigenous People's Day	11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dance 	9am - 1pm Open Gymnasium	Closed For Share Distribution
10am– 12noon Open Pickleball  12noon - 4pm Fitness Room & Track Open Gym Floor Closed	9am– 4pm Fitness Room & Track Open Gymnasium Floor Closed No Evening Hours	9am– 4pm Fitness Room & Track Open Gymnasium Floor Closed	9am– 4pm Fitness Room & Track Open Gymnasium Floor Closed No Evening Hours	9am - 1pm Fitness Room & Track Open Gymnasium Floor Closed	10am Core Fit Exercise Class
10am– 12noon Open Pickleball  12noon - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dance 	9am - 1pm Open Gymnasium	9am - 11am Open Pickleball 11am - 1pm Open Basketball