



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

September 2026 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 31  12noon - 4pm Open Gymnasium	9am- 4pm Open Gymnasium 1 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 2 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	9am– 1pm Open Gymnasium 3 1pm–3pm Open Pickleball/ 6:30pm–8:30pm Open Pickleball	9am - 1pm 4 Open Gymnasium	5 Closed For Labor Day Weekend
7 Closed For Labor Day Weekend	8 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	10 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed No Evening Hours	11 9am - 1pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	12 Closed For Conference
14 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	15 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed No Evening Hours	16 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	17 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed No Evening Hours	18 9am - 1pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	19 Closed For Share Distribution
10am– 12noon Open Pickleball 21 	22 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	23 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	24 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed No Evening Hours	25 9am - 1pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	26 Closed For Health Fair
28 9am– 4pm <u>Fitness Room & Track Open</u> Gymnasium Floor Closed	29 9am- 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	30 9:30-10:30am Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	1 9am– 1pm Open Gymnasium 1pm–3pm Open Pickleball 6:30pm–8:30pm Open Pickleball	2 9am - 1pm Open Gymnasium	3 9am - 1pm Open Gymnasium