



Fit By God Fitness Complex

Open to First Mount Zion Members and their Guest

Gym Phone: 703-670-0225

OCTOBER 2026						
Sun	Monday	Tuesday	Wed	Thu	Fri	Sat
18	19 9am-4pm	20 9am-4pm	21 9am-4pm	22 9am-4pm	23 9am-1pm	24 9am-1pm
Closed	10am-12noon Open Pickleball 12noon-4pm Fitness Room & Track Open Gym Floor Closed	Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Fitness Room & Track Open Gym Floor Closed	Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Fitness Room & Track Open Gym Floor Closed	10am Core Fit (stage) Gym Floor Closed
25	26 9am-4pm	27 9am-4pm & 6:30pm-8:30pm	28 9am-4pm	29 9am-4pm & 6:30pm-8:30pm	30 9am-1pm	31 9am-1pm
Closed	Fitness Room & Track Open Gym Floor Closed	11am-11:30am PP PE Class 12noon-4pm Open Gymnasium 6:30pm-8:30pm Open Basketball (16 & Up)	9:30am-10:30am Walk & Tone 11am-4pm Open Gymnasium	11am-11:30am PP PE Class 1pm-3pm Open Pickleball 7pm-8pm Line Dancing	Open Gymnasium	9am-11am Open Pickleball 11am-1pm Open Basketball
NOVEMBER 2026						
Sun	Monday	Tuesday	Wed	Thu	Fri	Sat
1	2 9am-4pm	3 CLOSED	4 9am-4pm	5 9am-4pm & 6:30pm-8:30pm	6 9am-1pm	7 9am-1pm
Closed	10am-12noon Open Pickleball 12noon-4pm Fitness Room & Track Open Gym Floor Closed	Closed for Voting	Fitness Room & Track Open Gym Floor Closed	11am-11:30am PP PE Class 1pm-3pm Open Pickleball 6:30pm-8:30pm Open Pickleball	Open Gymnasium	9am-11am Open Pickleball 11am-1pm Open Basketball
8	9 9am-4pm	10 9am-4pm	11 CLOSED	12 9am-4pm	13 9am-1pm	14 CLOSED
Closed	10am-12noon Open Pickleball 12noon-4pm Open Gymnasium	11am-11:30am PP PE Class 12noon-4pm Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Closed for Veteran's Day	Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Fitness Room & Track Open Gym Floor Closed	Closed for Pastors' Anniversary
15	16 9am-4pm	17 9am-4pm	18 9am-4pm	19 9am-4pm	20 9am-1pm	21 CLOSED
Closed	Fitness Room & Track Open Gym Floor Closed	Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Fitness Room & Track Open Gym Floor Closed	Fitness Room & Track Open Gym Floor Closed NO EVENING HOURS	Fitness Room & Track Open Gym Floor Closed	Closed for Share