Fit By God Fitness Complex

First Mount Zion BAPTIST CHURCH
WORSHIP · STUDY OF THE WORD · STEWARDSHIP · SERVICE

Open to First Mount Zion Members and their Guest
(Members are allowed 2 guest per visit)

Fitness Complex Phone: 703-670-0225

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 Pastor's 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
22	23 9am-4pm	24 9am-4pm	25 9am-4pm	26 CLOSED	27 CLOSED	28 CLOSED
Closed	10am-12noon Open Pickleball 12noon-4pm Open Gymnasium	Open Gymnasium 6:30pm-8:30pm Open Basketball (16 & Up)	Open Gymnasium	Closed for Thanksgiving 	Closed for Thanksgiving Weekend	Closed for Thanksgiving Weekend
29	30 9am-4pm		DECEMBER 2026			
Closed	10am-12noon Open Pickleball 12noon-4pm Open Gymnasium	1 9am-4pm & 6:30pm-8:30pm 11am-11:30am PP PE Class 12noon-4pm Open Gymnasium 6:30pm-8:30pm Open Basketball (16 & Up)	2 9am-4pm 9:30am-10:30am Walk & Tone 11am-4pm Open Gymnasium	3 9am-4pm & 6:30pm-8:30pm 11am-11:30am PP PE Class 1pm-3pm Open Pickleball 6:30pm-8:30pm Open Pickleball	4 9am-1pm Open Gymnasium	5 CLOSED Closed for Church Meeting