

June

Moody Civic Center Group Fitness Calendar

2022

\$2 per class for all Civic Center Members

\$5 per class for all Nonmembers

Class Cards available for members & nonmembers

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
			9:30a: Silver & Strong 5:30p: Yoga	10:30a: Silver & Strong 1:00p: SilverSneakers Chair Yoga 5:30p: Spin 6:15p: Zumba		
5	6 5:30p: Yoga	7 10:30a: Silver & Strong 5:30p: Spin 6:15p: Zumba	8 9:30a: Silver & Strong 5:30p: Yoga	9 10:30a: Silver & Strong 1:00p: SilverSneakers Chair Yoga 5:30p: Spin ***No Zumba***	10	11
12	13 ***No Yoga***	14 10:30a: Silver & Strong 5:30p: Spin 6:15p: Zumba	15 9:30a: Silver & Strong ***No Yoga***	16 10:30a: Silver & Strong ***No Chair Yoga*** 5:30p: Spin 6:15p: Zumba	17	18
19 Closed for Juneteenth	20 5:30p: Yoga	21 10:30a: Silver & Strong 5:30p: Spin 6:15p: Zumba	22 9:30a: Silver & Strong 5:30p: Yoga	23 10:30a: Silver & Strong 1:00p: SilverSneakers Chair Yoga 5:30p: Spin 6:15p: Zumba	24	25
26	27 5:30p: Yoga	28 10:30a: Silver & Strong 5:30p: Spin 6:15p: Zumba	29 9:30a: Silver & Strong 5:30p: Yoga	30 10:30a: Silver & Strong 1:00p: SilverSneakers Chair Yoga 5:30p: Spin 6:15p: Zumba		

Civic Center News & Updates:

- Moody Farmers Market every Friday - Location: Moody City Park Pavilion from 1:00 pm to 5:00 pm.
- Awake My Soul Studios Open Paint – June 20th – 6-8 pm
Message Chris Barentz on FaceBook at Awake My Soul Studios by June 12th to reserve your spot.
- Moody Youth Volleyball Camp at Moody Civic Center
5-12 year olds May 31st – June 3rd from 9 am to 12 pm
- Moody Youth Basketball Camp at Moody Civic Center
9-12 year olds June 13th – 15th from 9am to 12pm
5-8 year olds June 16th – 17th from 9am to 12pm
- www.facebook.com/moodyalabamaciviccenter

Current Classes & Instructors

Silver & Strong: Trish Kelly

Spin: Hunter Wallace

Chair Yoga & Yoga: April Cook

Zumba: Rhonda Masters

Please call to reserve your spot for evening classes. Class space is limited.

Moody Civic Center
200 Civic Center Drive
Moody, AL 35004
205-640-0321

www.moodyciviccenter.com