

December

Moody Civic Center Group Fitness Calendar

2023

\$2 per class for all Civic Center Members

\$5 per class for all Nonmembers

Class Cards are available for members & nonmembers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 5:30p: Free Yoga Class	5 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	6 9:30a: Silver & Strong 5:30p: Yoga	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	8	9 Holly Jolly Market 10a-4p
10	11 5:30p: Yoga	12 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	13 9:30a: Silver & Strong 5:30p: Yoga	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	15	16
17	18 5:30p: Yoga	19 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	20 9:30a: Silver & Strong 5:30p: Yoga	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	22	23
24 MCC Closed Merry Christmas!	25 MCC Closed Merry Christmas!!	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	27 9:30a: Silver & Strong 5:30p: Yoga	28 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	29	30
31 Closed	1 Closed					

Civic Center News & Updates

- Holly Jolly Market- Dec 9th from 10a-4p in Gym #2 – We will be collecting can goods for Shepard's Supply
- Moody Civic Center will be Closed on 12/24 & 12/25 to celebrate Christmas! We wish you and your family a very Merry Christmas!!
- Moody Civic Center will be closed 12/31 & 1/1/24 for New Years! Have a safe and Festive 2024!!
- Starting 1/8/24 we will have a new Zumba Instructor! Zumba will be taught by Vivien Menze on new days and time- Mondays and Weds @6:30p. There will be no Zumba for the month of December.
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Cycling: Stephanie Yarber
Silver & Strong: Trish Kelly
Silersneakers Chair Yoga &
Yoga: April Cook

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