

November

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 9:30a: Silver & Strong 5:30p: Yoga	2 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class NO Zumba	3	4
5	6 5:30p: Yoga	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	8 9:30a: Silver & Strong 5:30p: Yoga	9 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	10	11
12	13 5:30p: Yoga	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	15 9:30a: Silver & Strong 5:30p: Yoga	16 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	17	18
19	20 5:30p: Yoga	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class NO Zumba	22 9:30a: Silver & Strong NO Yoga NO Zumba MCC Closes 4pm	23 Happy Thanksgiving MCC CLOSED	24 Happy Thanksgiving MCC CLOSED	25
26	27 5:30p: Yoga	28 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	29 9:30a: Silver & Strong 5:30p: Yoga	30 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba		

Civic Center News & Updates:

- Moody Youth Basketball Registration will be held Thursday 11/9, 11/16 & 11/30 in Meeting room 1&2 from 6-8p.
- Moody Civic Center will be closed on Thursday 11/24 & 11/25 to celebrate the Thanksgiving Holiday! We wish you and your Family a Happy Thanksgiving!
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Cycling: Stephanie Yarber
Silver & Strong: Trish Kelly
Siversneakers Chair Yoga &
Yoga: April Cook
Zumba: Rhonda Hunt

Moody Civic Center
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