

October

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 5:30p: Yoga	3 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	4 NO Silver & Strong 5:30p: Yoga	5 1 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	6	7
8	9 5:30p: Yoga	10 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	11 NO Silver & Strong 5:30p: Yoga	12 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	13	14
15	16 5:30p: Yoga	17 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	18 NO Silver & Strong 5:30p: Yoga	19 NO Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	20	21
22	23 5:30p: Yoga	24 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class 6:15p: Zumba	25 9:30a Silver & Strong 5:30p: Yoga	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p **Free Cycling Class** 6:15p: Zumba	27	28
29	30 5:30p: Yoga	31 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Cycling Class 6:15p: Zumba			31	

Civic Center News & Updates:

- Moody Public Library host Ghost Stories on 10/11/23 at 4p by Alan Brown
- Octoberfest @ The Moody Park on 10/07/23 from 9a-3p
- Arc of St. Clair County will host a Witches Ride on 10/28/23
- departing the Moody Civic Center 4:30p followed by festivities at The Moody Park from 5p – 8p
- Free Cycling Class 10/26 at 5:30p
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

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

Moody Civic Center
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