

January

Moody Civic Center Group Fitness Calendar

2024

\$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
31 MCC Closed *Happy New Year!!!!****	1 MCC Closed *Happy New Year!!!!****	2 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	3 9:30a: Silver & Strong 5:30p: Yoga	4 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	5 6:00p:-Yoga Special Class YinYoga	6
7	8 5:30p: Yoga 6:30p: Zumba	9 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	10 9:30a: Silver & Strong 5:30p: Yoga 6:30p: Zumba	11 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	12 6:00p:-Yoga Special Class Nidra Yoga	13
14	15 MCC Closed Martin Luther King Day!	16 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	17 9:30a: Silver & Strong 5:30p: Yoga 6:30p: Zumba	18 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	19 6:00p:-Yoga Special Class YinYoga	20
21	22 5:30p: Yoga 6:30p: Zumba	23 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	24 9:30a: Silver & Strong 5:30p: Yoga 6:30p: Zumba	25 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	26	27
28	29 5:30p: Yoga 6:30p: Zumba	30 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	31 9:30a: Silver & Strong 5:30p: Yoga 6:30p: Zumba	10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class		

Civic Center News & Updates

- 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 Wednesday at 6:30p.
- Moody Civic Center will be closed 1/15/24 in observance of Martin Luther King Day!
- *Reminder*- It's Basketball Season so Gym 1 & Gym 2 have limited availability through February 13, 2024
- Check out the special Yoga classes offered on some Fridays this month!
- 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: Vivien Menze

Moody Civic Center
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