

June

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
						1
2	3 Yoga Cancelled 6:45p: Zumba	4 10:30a: Silver & Strong Chair Yoga Cancelled ***Free*** 5:30p: Cycling Class ***Free***	5 9:30a: Silver & Strong Yoga Cancelled 6:45p: Zumba	6 10:30a: Silver & Strong Chair Yoga Cancelled 5:30p: Cycling Class	7	8
9	10 Yoga Cancelled 6:45p: Zumba	11 10:30a: Silver & Strong Chair Yoga Cancelled 5:30p: Cycling Class	12 9:30a: Silver & Strong Yoga Cancelled 6:45p: Zumba	13 10:30a: Silver & Strong Chair Yoga Cancelled 5:30p: Cycling Class	14	15
16	17 5:30p: Yoga 6:45p: Zumba	18 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	19 Closed for Juneteenth	20 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	21	22
23	24 5:30p: Yoga 6:45p: Zumba	25 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	26 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	27 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	28	29
31						

Civic Center News & Updates

- June 4th FREE Spin Class - Please join us!!
- 2024 Summer Camps:
- Volleyball 6/13 - 6/15
- 9-12 yr. old Basketball 6/10 – 6/12
- 5-8 yr. old Basketball 6/17 – 6/18
- Cheer Camp 6/24 – 6/26
- Theater Camp 7/15 – 7/19 & 7/22 – 7/26
- Call the front desk at 205 640-0321 for more information.
- Moody's Farmer Market every Friday 1p-5p at The Moody City Park
- 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
 200 Civic Center Drive
 Moody, AL 35004
 205-640-0321