

October

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

Civic Center News & Updates

- Octoberfest 10/5/24 at the Moody Park from 8a-5pm.
- The Addams Family Performances -Friday 10/25 – 7p-9pm
- Saturday 10/26 from 2p-4pm & 7p-9pm & Sunday 10/27 from 2p-4pm in Gym 2
- **** ATTENTION**** Try our Pilates class called “Core & More” Saturdays at 9:30am taught by Trish Kelly
- Halloween Party Murder Mystery hosted by Moody Civic Center & Moody Public Library Saturday, October 26th @5:30pm. Tickets cost \$20 each.
- Call the front desk at 205 640-0321 for more information.
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Core & More: Trish Kelly
Cycling: Stephanie Yarber
Silver & Strong: Trish Kelly
Siversneakers Chair Yoga &
Yoga: April Cook
Zumba: Vivien Menze

Moody Civic Center
200 Civic Center Drive
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205-640-0321