

December

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

Civic Center News & Updates

- Moody Youth Basketball evacuations will be held on Monday 12/2 & Thursday 12/5 from 6-8pm in Gyms 1&2.
- Holly Jolly Market will be held on 12/14/24 from 10-4pm in Gym 2.
- Moody Civic Center will be closed December 24th & 25th, 2024 to Celebrate Christmas! We wish you a wonderful Holiday Season, and a Merry Christmas.
- Moody Civic Center will be closing early on Tuesday 12/31/24 at 4pm for New Year's Eve and will be closed Jan 1 for the New Year's Day.
- 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
 Silversneakers Chair Yoga &
 Yoga: April Cook
 Zumba: Vivien Menze

Moody Civic Center
 200 Civic Center Drive
 Moody, AL 35004
 205-640-0321