

November

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 6:00p: Yoga Nidra	2 9:30a: Core & More
3	4 5:30p: Yoga 6:45p: Zumba	5 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	6 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	8 6:00p:Yin Yoga	9 9:30a: Core & More
10	11 Civic Center Closed	12 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	13 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	15 6:00:p Yoga Nidra	16 9:30a: Core & More
17	18 5:30p: Yoga 6:45p: Zumba	19 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	20 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	22 6:00:p Restorative Yoga	23 9:30a: Core & More
24	25 5:30p: Yoga 6:45p: Zumba	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	27 9:30a: Silver & Strong NO YOGA & ZUMBA MCC Closes at 4pm	28 Civic Center Closed	29 Civic Center Closed	30 9:30a: Core & More

Civic Center News & Updates

- Try one of our additional Yoga Classes this month on Friday's.
- Moody Youth Basketball Registration will be held on Thurs. 11/7 & 11/14 from 6-8pm and Tues.11/26 from 6-8pm in meeting rooms 1&2.
- The General Election will be held on November 5, 2024 from 7am-7pm in Gym 2.
- Moody Civic Center will be closed November 11, 2024 for Veteran's Day to Celebrate ALL who have served and are serving!
- Moody Civic Center will be closing early on Weds 11/27/24 at 4pm.
- MCC will close on November 28th-29th to celebrate Thanksgiving. We wish your Family a Happy Thanksgiving Day!
- Call the front desk at 205 640-0321 for more information.

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
Moody, AL 35004
205-640-0321