

# September

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 <b>**Civic Center Closed**</b>	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 <b>**Zumba Cancelled**</b>	17 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	18 9:30a: Silver & Strong 5:30p: Yoga <b>**Zumba Cancelled**</b>	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 6:45p: Zumba	24 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	25 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	27	28 9:30a: Core & More
29	30 5:30p: Yoga 6:45p: Zumba					

## Civic Center News & Updates

- Moody Civic Center Closed for Labor Day September 2, 2024
- **\*\* ATTENTION\*\*** Starting Saturday September 7<sup>th</sup> we will be offering a Pilates class called "Core & More" at 9:30am taught by Trish Kelly.
- Complete Healthcare Health Fair September 25, 2024 10a-3pm in Gym 2
- Call the front desk at 205 640-0321 for more information.
- For more information go to: [www.moodyciviccenter.com](http://www.moodyciviccenter.com) or visit [www.facebook.com/moodyalabamaciviccenter](https://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  
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205-640-0321