

# April

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

### Civic Center News & Updates

- Moody High School Football Boosters \$10,000 Giveaway April 13<sup>th</sup> in Gym 2. Doors open at 5:00p.
- Class punch Cards make checking into classes more convenient and easy. Cards are available for members and nonmembers. Ask the front desk 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**  
 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