

February

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

Civic Center News & Updates

- ***Reminder*-** It's Basketball Season so Gym 1 & Gym 2 have limited availability through February 13, 2024
- Happy Valentine's Day from The Moody Civic Center. February 14, 2024
- Check out the special Yoga classes offered on some Fridays this month!
- Buffalo Rock Job Fair – February 15th- 9a to 3:30p in Room #1
- For more information go to: www.moodyciviccenter.com or visit 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
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