

July

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 Moody Civic Center Closed	5 Moody Civic Center Closed	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 Zumba Cancelled	18 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	19	20
21	22 5:30p: Yoga Zumba Cancelled	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	31 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba			

Civic Center News & Updates

- Moody Civic Center Closed for Independence Day- July 4th & 5th 2024
- 2024 Summer Camps:
- Theater Camp 7/15 – 7/19 & 7/22 – 7/26
- Little Mermaid performances- Friday, July 26th - 7pm
- Saturday, July 27^h - 2pm & 7pm
- Sunday, July 28th - 2pm
- Moody's Farmer Market every Friday 1p-5p at The Moody City Park
- 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

Cycling: Stephanie Yarber
Silver & Strong: Trish Kelly
Silversneakers Chair Yoga & Yoga: April Cook

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