

March

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
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	9
10	11 5:30p: Yoga 6:45p: Zumba	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	16
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	23
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 5:30p: Yoga 6:45p: Zumba	28 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	29	30

Civic Center News & Updates

- Primary Election will be held – March 5th in Gym 2
- Try a Fitness Class in March!
- Class Cards available for members and non members.
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Cycling: Stephanie Yarber
Silver & Strong: Trish Kelly
Silersneakers Chair Yoga &
Yoga: April Cook
Zumba: Vivien Menze

Moody Civic Center
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