

May

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 9:30a: Silver & Strong Yoga Cancelled 6:45p: Zumba	2 10:30a: Silver & Strong Chair Yoga Cancelled 5:30p: Cycling Class	3	4
5	6 5:30p: Yoga 6:45p: Zumba	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	8 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	9 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	10	11
12	13 5:30p: Yoga Zumba Cancelled	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	15 9:30a: Silver & Strong 5:30p: Yoga Zumba Cancelled	16 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	17	18
19	20 5:30p: Yoga Zumba Cancelled	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	22 9:30a: Silver & Strong 5:30p: Yoga Zumba Cancelled	23 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	24	25
26	27 MCC Closed Memorial Day	28 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	29 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	30 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	31	

Civic Center News & Updates

- St. Clair County 3rd Annual Republican Party Dinner will be held on May 2nd from 6-9pm in Gym 2.
- Moody Public Library presents The Phantom of the Theatre on May 4th from 5:30-8pm at The Moody Civic Center in Rooms 1 and 2.
- St Clair County Sports Hall of Fame – May 18th from 6-8pm in Gym 2.
- Moody Civic Center will be closed on May 27th in Remembrance of Memorial Day.
- 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
 200 Civic Center Drive
 Moody, AL 35004
 205-640-0321