

# January

Moody Civic Center  
Group Fitness Calendar

2025

\$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 <b>MCC CLOSED</b>	2 10:30a: Silver & Strong <b>YOGA CANCELLED</b> 5:30p: Cycling Class	3	4 9:30a: Core & More
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 6:00p Yoga Nidra	11 9:30a: Core & More
12	13 5:30p: Yoga 6:45p: Zumba	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	15 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	16 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	17 6:00p Restorative Yoga	18 9:30a: Core & More
19	20 <b>MCC CLOSED</b>	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	22 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	23 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Cycling Class	24	25 9:30a: Core & More
26	27 5:30p: Yoga 6:45p: Zumba	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

- Moody Civic Center will be closed on New Year's Day 1/1/25.
- Moody Youth Basketball games start January 4<sup>th</sup>. Games will be held on Monday, Tuesday, Thursday and Friday evenings and all day on Saturday.
- Moody Civic Center will be closed on January 20<sup>th</sup> for MLK Day.
- Take advantage of the additional Friday Yoga classes January 10<sup>th</sup> & 17<sup>th</sup>. Member fee \$2 and Nonmember \$5.
- Call the front desk at 205 640-0321 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

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

Moody Civic Center  
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