

May

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 10:30a: Silver & Strong No SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	2	3 9:30a: Core & More
4	5 No Yoga 6:45p: Zumba	6 10:30a: Silver & Strong No SS Chair Yoga 6:15p: Cycling Class	7 9:30a: Silver & Strong No Yoga No Zumba	8 10:30a: Silver & Strong No SS Chair Yoga No Dance Cardio 6:15p: Cycling Class	9	10 9:30a: Core & More
11	12 No Zumba No Yoga	13 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Yoga 6:15p: Cycling Class	14 9:30a: Silver & Strong 5:30p: Yoga No Zumba	15 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Dance Cardio 6:15p: Cycling Class	16	17 9:30a: Core & More
18	19 5:30p: Yoga 6:45p: Zumba	20 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class	21 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	22 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	23	24 9:30a: Core & More
25	26 MCC Closed	27 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class	28 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	29 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	30	31 9:30a: Core & More

Civic Center News & Updates

- May 3rd Moody Public Library, Moody Civic Center, Moody Police Foundation will host Murder at the Derby 6:00p to 8:00p in Gym 2.
- 1st Annual Home and Garden Expo May 10th from 9am to 3pm in Gym 2.
- St. Clair County Sports Hall of Fame – May 17th Doors open at 5pm. Event starts at 6pm.
- May 11th 2025, Happy Mother's Day to all the special Moms
- May 26th 2025 The Moody Civic Center will be closed in remembrance of Memorial Day.
- For more information go to: www.moodyciviccenter.com or visit www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors
 Core & More: Trish Kelly
 Cycling: Stephanie Yarber
 Silver & Strong: Trish Kelly
 Silversneakers Chair Yoga &
 Yoga: April Cook
 Zumba & Dance Cardio:
 Vivien Menze

Moody Civic Center
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