

June

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

Civic Center News & Updates

- Wishing all the Dad's a very Happy Father's Day 6-15-25.
- Moody Civic Center will be closed on June 19th, 2025
- Our Summer Youth Camps Start June 2nd and go through July 25th. Call our 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

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