

March

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

Civic Center News & Updates

- Take advantage of our Pilates class held on Saturday mornings at 9:30am taught by Trish Kelly. Member fee \$2 and Nonmember \$5.
- Call the front desk at 205 640-0321 for information about classes.
- March 8th, Summit Grappling Championships in Gym 2. Check out the lineup at summitgrappling.tv
- 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
Siversneakers Chair Yoga &
Yoga: April Cook
Zumba & Dance Cardio:
Vivien Menze

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