

April

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 1:00p: SS Chair Yoga 6:15p: Cycling Class	2 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	3 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	4	5 9:30a: Core & More
6	7 5:30p: Yoga Zumba Cancelled	8 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class	9 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	10 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	11	12 9:30a: Core & More
13	14 5:30p: Yoga 6:45p: Zumba	15 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class	16 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	17 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class	18	19 9:30a: Core & More
20 MCC Closed	21 5:30p: Yoga 6:45p: Zumba	22 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class	23 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba	24 10:30a: Silver & Strong SS Chair Yoga Cancelled 6:00p: Dance Cardio 6:15p: Cycling Class	25	26 9:30a: Core & More
27	28 No Yoga 6:45p: Zumba	29 10:30a: Silver & Strong No SS Chair Yoga 6:15p: Cycling Class	30 9:30a: Silver & Strong No 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.
- Moody Civic Center will be closed on 4/20/25 for Easter Sunday.
- MHS Football Boosters will host their annual 10,000 dollar giveaway in Gym 2 on 4/26/25 Doors open at 5:00pm.
- Call the front desk at 205 640-0321 for information about classes.
- 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
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205-640-0321