

February

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

Civic Center News & Updates

- Moody Youth Basketball games will be held weekly in the evenings in Gym 1 & 2 except for Wednesday, Fridays and Sundays.
- Take advantage of our Palates 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 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
Siversneakers Chair Yoga &
Yoga: April Cook
Zumba & Dance Cardio:
Vivien Menze

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