

July

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 MCC Closed | 5 9:30a: Core & More |
| 6 | 7 5:30p: Yoga 6:45p: Zumba | 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 Thunder in the Park |
| 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 | 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 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class | 25 | 26 9:30a: Core & More |
| 27 | 28 5:30p: Yoga 6:45p: Zumba | 29 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Cycling Class | 30 9:30a: Silver & Strong 5:30p: Yoga 6:45p: Zumba | 31 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Cycling Class | | |

Civic Center News & Updates

- Moody Civic Center will be closed for Independence day July 4th
- Thunder in the Park- July 12th at the Moody Park from 6pm to 9pm. Fireworks start at 9pm.
- MCC Summer Theater Camp July 14-18 and July 21-25.
- ***New Spin Instructors starting July 24th*** Vivien Menze will be teaching the Tuesday evening class and Daniela Cook will be teaching the Thursday evening class. Class time will remain the same at 6:15pm. Come and try Spin Class!!
- 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
Silver Sneakers Chair Yoga &
Yoga: April Cook
Zumba & Dance Cardio:
Vivien Menze

Moody Civic Center
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205-640-0321