

# 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<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:15p: Cycling Class  | 2<br>9:30a: Silver & Strong<br>5:30p: Yoga<br>6:45p: Zumba  | 3<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:00p: Dance Cardio<br>6:15p: Cycling Class  | 4<br><b>MCC<br/>Closed</b> | 5<br>9:30a: Core & More                                    |
| 6      | 7<br>5:30p: Yoga<br>6:45p: Zumba  | 8<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:15p: Cycling Class  | 9<br>9:30a: Silver & Strong<br>5:30p Yoga<br>6:45p Zumba    | 10<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:00p: Dance Cardio<br>6:15p: Cycling Class | 11                         | 12<br>9:30a: Core & More<br><b>Thunder in the<br/>Park</b> |
| 13     | 14<br>5:30p: Yoga<br>6:45p: Zumba | 15<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:15p: Cycling Class | 16<br>9:30a: Silver & Strong<br>5:30p Yoga<br>6:45p Zumba   | 17<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:00p: Dance Cardio<br>6:15p: Cycling Class | 18                         | 19<br>9:30a: Core & More                                   |
| 20     | 21<br>5:30p: Yoga<br>6:45p: Zumba | 22<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:15p: Cycling Class | 23<br>9:30a: Silver & Strong<br>5:30p: Yoga<br>6:45p: Zumba | 24<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:00p: Dance Cardio<br>6:15p: Cycling Class | 25                         | 26<br>9:30a: Core & More                                   |
| 27     | 28<br>5:30p: Yoga<br>6:45p: Zumba | 29<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:15p: Cycling Class | 30<br>9:30a: Silver & Strong<br>5:30p: Yoga<br>6:45p: Zumba | 31<br>10:30a: Silver & Strong<br>1:00p: SS Chair Yoga<br>6:00p: Dance Cardio<br>6:15p: Cycling Class |                            |  |

### Civic Center News & Updates

- Moody Civic Center will be closed for Independence day July 4<sup>th</sup>
- Thunder in the Park- July 12<sup>th</sup> 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 24<sup>th</sup>\*\*\* 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](http://www.moodyciviccenter.com) or visit [www.facebook.com/moodyalabamaciviccenter](https://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

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