

# August

## 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 and nonmembers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:30a: Core & More
3	4 No Yoga 6:45p: Zumba	5 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Yoga 6:15p: Spin	6 9:30a: Silver & Strong 5:30p Yoga 6:45p Zumba	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin	8	9 9:30a: Core & More
10	11 5:30p: Yoga 6:45p: Zumba	12 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin	13 9:30a: Silver & Strong 5:30p Yoga 6:45p Zumba	14 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin	15	16 9:30a: Core & More
17	18 5:30p: Yoga No Zumba	19 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin	20 9:30a: Silver & Strong 5:30p: Yoga No Zumba	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Dance Cardio 6:15p: Spin	22	23 9:30a: Core & More
24	25 5:30p: Yoga No Zumba	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Spin Class Election Day! Go Vote!	27 9:30a: Silver & Strong 5:30p: Yoga No Zumba	28 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Dance Cardio 6:15p: Spin	29	30 9:30a: Core & More

### Civic Center News & Updates

- Moody Civic Center and Moody Splash Pad will be closed on July 31<sup>st</sup> for St. Clair County EMA First Responders Training.
- New Spin teacher starting July 24<sup>th</sup>!! Daniela Cook will teach Thursday night classes. Vivien Menze will take over the Tuesday night classes starting July 29<sup>th</sup>!! Class time will remain the same at 6:15pm on both days.
- Election Day August 26<sup>th</sup>!! Get out and vote!!
- Moody Farmers' Market is every Friday at Moody Park from 1:00pm to 5:00pm. Take time to check out the fresh produce and local goods available at the Moody Farmers' Market!!
- 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 and  
Silver & Strong: Trish Kelly  
Silver Sneakers Chair Yoga &  
Yoga: April Cook  
Spin: Daniela Cook  
Dance Cardio, Spin, &  
Zumba: Vivien Menze

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