

December

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 5:30p: Yoga No Zumba	2 10:30a: Silver & Strong 1:00p: SS Chair Yoga No Spin w/Vivien	3 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	4 10:30a: Silver & Strong 1:00p: SS Chair Yoga NO Dance Cardio 6:15p: Spin w/Daniela	5 6pm – Yoga Nidra	6 9:30a: Pilates – Core & More
7	8 5:30p: Yoga 6:45p: Zumba	9 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin w/Vivien	10 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	11 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	12 6pm – Restorative Yoga	13 9:30a: Pilates – Core & More
14	15 5:30p: Yoga 6:45p: Zumba	16 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin w/Vivien	17 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	18 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	19 6pm – Yoga Nidra	20 9:30a: Pilates – Core & More
21	22 5:30p: Yoga 6:45p: Zumba	23 10:30a: Silver & Strong 1:00p: SS Chair Yoga NO Spin w/Vivien MCC Closing at 4pm	24 MCC Closed For Christmas	25 MCC Closed For Christmas	26	27 9:30a: Pilates – Core & More
28	29 5:30p: Yoga 6:45p: Zumba	30 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin w/Vivien	31 9:30a: Silver & Strong No Yoga No HIIT Class MCC Closing at 4pm			

Moody Civic Center News

- The 7th annual Holly Jolly market is Saturday, December 13th!! Shop from 10 am to 4pm in Gym #2.
- MCC will close at 4pm on Tuesday, 12/23 and be closed on Wednesday, 12/24 and Thursday, 12/25 for Christmas.
- MCC Will close at 4pm on Wednesday, 12/31/25 for New Year's Eve and will be closed on Thursday, 1/1/26 for New Year's Day.

Civic Center Instructors

Core & More: Trish Kelly
 HIIT Class: Myia Abercrombie
 Spin: Vivien Menze and Daniela Cook
 Silver & Strong: Trish Kelly
 Silver Sneakers Chair Yoga &
 Yoga: April Cook
 Zumba & Dance Cardio:
 Vivien Menze