

November

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: Pilates Core & More
2	3 5:30p: Yoga 6:45p: Zumba	4 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin w/Vivien	5 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	6 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	7	8 9:30a: Pilates Core & More
9	10 5:30p: Yoga 6:45p: Zumba	11 MCC Closed for Veteran's Day	12 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	13 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	14	15 9:30a: Pilates Core & More
16	17 5:30p: Yoga 6:45p: Zumba	18 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15p: Spin w/Vivien	19 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	20 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	21	22 9:30a: Pilates Core & More
23	24 5:30p: Yoga NO ZUMBA	25 10:30a: Silver & Strong 1:00p: SS Chair Yoga 5:30p: Yoga NO SPIN W/VIVIEN	26 9:30a: Silver & Strong MCC Closing at 4:00p	27 MCC Closed for Thanksgiving	28 MCC Closed for Thanksgiving	29 9:30a: Pilates Core & More
30						

Moody Civic Center News

- Try our new HIIT class on Wednesdays at 6:45pm taught by Myia Abercrombie!!
- We will be closed on November 11th for Veterans' Day
- We will close at 4:00 pm on Wednesday, November 26th and will be closed for the day on November 27th & 28th for Thanksgiving!
- We hope you and your family have a blessed Thanksgiving 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

Moody Civic Center * 200 Civic Center Drive * Moody AL 35004

Front Desk Phone: 205-640-0321

www.moodyciviccenter.com