

October

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

Moody Civic Center News

- Zumba will no longer be offered on Wednesdays starting October 1st.
- Octoberfest will be held at the Moody City Park on 10/4/25 from 9am till 3pm.

Civic Center Instructors

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

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Front Desk Phone: 205-640-0321

www.moodyciviccenter.com