

September

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

Moody Civic Center News

- ***Don't forget to vote August 26th – polls open from 7:00am to 7:00pm***
- Moody PD Trivia Night on September 9th at 6:30pm here at Moody Civic Center in Gym #2

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