

August

Moody Civic Center Group Fitness Calendar

2026

\$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: 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/Gabi	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 Jam 6:15p: Spin w/Gabi	7	8 9:30a: Pilates – Core & More
9	10 5:30p: Yoga 6:45p: Zumba	11 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	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 Jam 6:15p: Spin w/Gabi	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/Gabi	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 Jam 6:15p: Spin w/Gabi	21	22 9:30a: Pilates – Core & More
23	24 5:30p: Yoga 6:45p: Zumba	25 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	26 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	27 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Gabi	28	29 9:30a: Pilates – Core & More
30	31 5:30p: Yoga 6:45p: Zumba					

Moody Civic Center News

- Moody Civic Center offers pre-paid fitness class punch cards. Inquire at the front desk for more information.

Civic Center Instructors

Core & More: Trish Kelly
Dance Jam: Krista Stanford
HIIT Class: Myia Abercrombie
Spin: Gabi Rodriguez,
Tamara Bates
Silver & Strong: Trish Kelly
Silver Sneakers Chair Yoga
Yoga: April Cook
Zumba Vivien Menze

Moody Civic Center 200 Civic Center Drive Moody, AL 35004

Front Desk Phone: 205-640-0321

www.moodyciviccenter.com