

July

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: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	2 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p:Spin w/Gabi	3	4 MCC CLOSED Happy 4th!
5	6 5:30p: Yoga 6:45p: Zumba	7 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	8 No Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	9 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Gabi	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/Gabi	15 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	16 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Gabi	17	18 9:30a: Pilates – Core & More
19	20 5:30p: Yoga 6:45p: Zumba	21 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	22 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	23 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Gabi	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/Gabi	29 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	30 10:30a: Silver & Strong 1:00P: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Gabi	31	

Moody Civic Center News

- We will be closed on Saturday, July 4th to observe Independence Day.
- Join us at Thunder in the Park at Moody Park on July 11th for a special celebration of America's 250th year! Festivities start at 4pm and concluded with fireworks at 9pm.
- Theater Camp starts July 14th for grades 2-12. Call the Civic Center Front Desk at 205 640-0321 to register and pay.

Civic Center Instructors

Core & More: Trish Kelly
Dance Jam: Krista Stanford
HIIT Bootcamp: 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