

September

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 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	2 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	3 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Mike	4	5 9:30a: Pilates – Core & More
6	7 Closed For Labor Day	8 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	9 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	10 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Jam 6:15p: Spin w/Mike	11	12 9:30a: Pilates – Core & More
13	14 5:30p: Yoga	15 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	16 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	17 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Jam NO SPIN CLASS	18	19 9:30a: Pilates – Core & More
20	21 NO YOGA	22 10:30a: Silver & Strong NO CHAIR YOGA 6:15P Spin w/Gabi	23 9:30a: Silver & Strong NO YOGA 6:45p: HIIT Class	24 10:30a: Silver & Strong NO CHAIR YOGA 6:00p: Dance Jam 6:15p: Spin w/Mike	25	26 9:30a: Pilates – Core & More
27	28 5:30p: Yoga	29 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	30 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class			

Moody Civic Center News

- Moody Civic Center offers pre-paid fitness class punch cards for members and non-members. 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 and Mike Staggs
Silver & Strong: Trish Kelly
Silver Sneakers Chair Yoga
Yoga: April Cook