

February

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	2 5:30p: Yoga 6:45p: Zumba	3 Silver & Strong cancelled 1:00p: SS Chair Yoga 6:15P Spin w/Gabi	4 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	5 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	6	7 9:30a: Pilates – Core & More
8	9 5:30p: Yoga 6:45p: Zumba	10 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Mike	11 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	12 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	13	14 9:30a: Pilates – Core & More
15	16 5:30p: Yoga 6:45p: Zumba	17 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Mike	18 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	19 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Tamara	20	21 9:30a: Pilates – Core & More
22	23 5:30p: Yoga 6:45p: Zumba	24 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Mike	25 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	26 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Tamara	27	28 9:30a: Pilates – Core & More

Moody Civic Center News

- Try one of our many group fitness classes!! We offer class punch cards to members and non-members.
- Greater Birmingham Area Theater Class offers acting classes here at Moody Civic Center on Tuesday nights at 5:30 pm. Contact Victoria Boyce at 205-285-7635 by phone or text.
- We have pickleball on Mondays, Wednesdays, and Fridays in gym #2. Check our pickleball calendar for times and cancellations.

Civic Center Instructors

Core & More (Pilates): Trish Kelly
 HIIT Class: Myia Abercrombie
 Silver & Strong: Trish Kelly
 Silver Sneakers Chair Yoga and
 Yoga: April Cook
 Spin: Tamara Bates, Daniela Cook,
 Mike Staggs, and Gabi Rodriguez
 Zumba and Dance Cardio:
 Vivien Menze

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www.moodyciviccenter.com