

January

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 MCC Closed New Year's Day	2	3 9:30a: Pilates – Core & More
4	5 5:30p: Yoga 6:45p: Zumba	6 10:30a: Silver & Strong 1:00p: SS Chair Yoga	7 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	8 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	9	10 9:30a: Pilates – Core & More
11	12 5:30p: Yoga 6:45p: Zumba	13 10:30a: Silver & Strong 1:00p: SS Chair Yoga	14 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	15 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	16	17 9:30a: Pilates – Core & More
18	19 MCC Closed	20 10:30a: Silver & Strong 1:00p: SS Chair Yoga	21 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	22 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio No Spin w/Daniela	23	24 9:30a: Pilates – Core & More
25	26 5:30p: Yoga 6:45p: Zumba	27 10:30a: Silver & Strong 1:00p: SS Chair Yoga	28 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	29 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:00p: Dance Cardio 6:15p: Spin w/Daniela	30	31 9:30a: Pilates – Core & More

Moody Civic Center News

- Moody Civic Center will be closed on 1/1/26 to celebrate the New Year's. Happy New Year!!
- Moody Civic Center will be closed on 1/19/25 in remembrance of Martin Luther King Jr.

Civic Center Instructors

Core & More: Trish Kelly
 HIIT Class: Myia Abercrombie
 Spin: Daniela Cook
 Silver and Strong: Trish Kelly
 Silver Sneakers Chair Yoga &
 Yoga: April Cook
 Zumba & Dance Cardio:
 Vivien Menze

Moody Civic Center 200 Civic Center Drive Moody, AL 35004

Front Desk Phone: 205-640-0321

www.moodyciviccenter.com