

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

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