

March

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 10:30a: Silver & Strong 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/Tamara	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/Gabi	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/Tamara	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/Gabi	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/Gabi	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/Gabi	27	28 9:30a: Pilates – Core & More
29	30 5:30p: Yoga 6:45p: Zumba	31 10:30a: Silver & Strong 1:00p: SS Chair Yoga 6:15P Spin w/Gabi				

Moody Civic Center News

- Try one of our many group fitness classes!! We offer class punch cards to members and non-members.
- Welcome our 2 new spin instructors!! Tamara Bates and Gabi Rodriguez 😊
- We have pickleball on Mondays, Wednesdays, and Fridays in gym #2. Check our pickleball calendar for times and cancellations.
- March 8th – Daylight Savings time begins!!
- March 20th – First day of Spring!!
- March 23rd – 27th: Spring Break!!

Civic Center Instructors
 Core & More: Trish Kelly
 HIIT Class: Myia Abercrombie
 Spin: Daniela Cook, Gabi Rodriguez
 Tamara Bates
 Silver & Strong: Trish Kelly
 Silver Sneakers Chair Yoga &
 Yoga: April Cook
 Zumba & Dance Cardio:
 Vivien Menze