

# May

## 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 9:30a: Pilates – Core & More
3	4 <b>NO Yoga</b> 6:45p: Zumba	5 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15P Spin w/ Gabi	6 9:30a: Silver & Strong <b>NO Yoga</b> 6:45p: HIIT Class	7 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15p: Spin w/Tamara 6:45p: Dance Jam	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 6:15P Spin w/Gabi	13 9:30a: Silver & Strong 5:30p: Yoga 6:45p: HIIT Class	14 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15p Spin w/Tamara 6:45p: Dance Jam	15	16 9:30a: Pilates – Core & More
17	18 <b>NO Yoga</b> 6:45p: Zumba	19 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15P Spin w/ Gabi	20 9:30a: Silver & Strong <b>NO Yoga</b> 6:45p: HIIT Class	21 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15p Spin w/Tamara 6:45p: Dance Jam	22	23 9:30a: Pilates – Core & More
24	25 <b>MCC Closed</b>	26 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15P Spin w/Gabi	27 9:30a: Silver & Strong <b>NO Yoga</b> 6:45p: HIIT Class	28 10:30a: Silver & Strong <b>NO SS Chair Yoga</b> 6:15p Spin w/Tamara 6:45p: Dance Jam	29	30 9:30a: Pilates – Core & More
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### Moody Civic Center News

- MCC will be closed on Monday, 5/25, for Memorial Day.
- Don't forget we offer class punch cards to members and nonmembers. Punch cards are a way to prepay for fitness classes and makes check-in quicker and easier.

#### Civic Center Instructors

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

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[www.moodyciviccenter.com](http://www.moodyciviccenter.com)