November

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: Dance Jam**	3 **10:00a: 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 **10:00a: Silver & Strong** **1:00P: SS Chair Yoga** **6:00p: Dance Jam** **6:15p: Spin w/Mike**	6	7 **9:30a: Pilates – Core & More**
8	9 **5:30p: Yoga** **6:45p: Dance Jam**	10 **10:00a: Silver & Strong** **1:00p: SS Chair Yoga** **6:15P Spin w/Gabi**	11 **MCC Closed Veterans' Day**	12 **10:00a: Silver & Strong** **1:00P: SS Chair Yoga** **6:00p: Dance Jam** **6:15p: Spin w/Mike**	13	14 **9:30a: Pilates – Core & More**
15	16 **5:30p: Yoga** **6:45p: Dance Jam**	17 **10:00a: 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 **10:00a: Silver & Strong** **1:00P: SS Chair Yoga** **6:00p: Dance Jam** **No Spin Class**	20	21 **9:30a: Pilates – Core & More**
22	23 **5:30p: Yoga** **6:45p: Dance Jam**	24 **10:00a: Silver & Strong** **1:00p: SS Chair Yoga** **6:15P Spin w/Gabi**	25 **9:30a: Silver & Strong** **No Yoga Class** **No HIIT Class** **MCC Closing at 4**	26 **MCC Closed Thanksgiving**	27 **MCC Closed** **Thanksgiving Observed**	28 **9:30a: Pilates – Core & More**
29	30 **5:30p: Yoga** **6:45p: Dance Jam**					

Moody Civic Center News

- ******New time for Silver and Fit on Tuesdays and Thursdays starting on November 3rd. New time will be 10:00am to 11:00am******
- **We will be closed November 11th in observance of Veteran's Day.**
- **Moody Civic Center will close at 4pm on November 25th.**
- **Moody Civic Center will be closed for Thanksgiving November 26th & 27th.**
- **We hope you and your family have a happy and safe Thanksgiving!!**

Civic Center Instructors

Core & More: Trish Kelly
Dance Jam: Krista Stanford
HIIT Class: Myia Abercrombie
Spin: Gabi Rodriguez & Mike Staggs
Silver & Strong: Trish Kelly
Silver Sneakers Chair Yoga & Yoga: April Cook

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