

August

Moody Civic Center Group Fitness Calendar

2020

\$2 per class for all Civic Center Members
 \$5 per class for all Nonmembers
 Class Cards are for Members only \$30 for 20 visits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30a: Boot Camp
2	3 6:00p: Boot Camp	4 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	5 5:30p: Yoga (Maggie)	6 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	7	8 8:30a: Boot Camp
9	10 6:00p: Boot Camp	11 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	12 5:30p: Yoga (Maggie)	13 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	14	15 8:30a: Boot Camp
16	17 6:00p: Boot Camp	18 6:30p: Yoga (Tom)	19 5:30p: Yoga (Tom)	20 6:30p: Yoga (Tom)	21	22 NO BOOT CAMP
23	24 6:00p: Boot Camp	25 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	26 5:30p: Yoga (Maggie)	27 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	28	29 8:30a: Boot Camp
30	31 6:00p: Boot Camp					

Civic Center News & Updates:

- Walk track, weight room, and racquetball courts will be open for MEMBERS only. No day fees for Phase 1 opening.
- Some equipment in the weight room will not be available due to social distancing.
- Only 1 person in each racquetball court at a time. You must bring your own equipment.
- Basketball gyms, locker rooms, and water fountains are closed.
- Everyone is required to wash their hands at our hand washing station upon arrival.
- City of Moody Primary Election: August 25th – 7 am to 7 pm at Moody Civic Center – Gym 2
- Check us out on Facebook!!
www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Boot Camp: Lori Franklin
 Dance Fitness: Sharon Harris
 Senior Fitness: Trish Kelly
 Spin: Tom Olive & Maggie Tucker
 Tabata: Maggie Tucker
 Yoga: Tom Olive & Maggie Tucker

Moody Civic Center
 200 Civic Center Drive
 Moody, AL 35004
 205-640-0321
www.moodyciviccenter.com