

# February

## Moody Civic Center Group Fitness Calendar

# 2019

\$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	2 8:30a: Boot Camp
3 5:30p: Dance Fitness	4	5 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	6 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	7 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	8	9 **No Boot Camp** Class Cancelled
10 5:30p: Dance Fitness	11	12 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	13 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	14 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	15	16 8:30a: Boot Camp
17 5:30p: Dance Fitness	18	19 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	20 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	21 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	22	23 8:30a: Boot Camp
24 5:30p: Dance Fitness	25	26 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	27 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	28 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)		

### Civic Center News & Updates:

- SilverSneakers Members: Senior Fitness Class is FREE
- Queen of Hearts Pageant: 2/16 Gym #2
- Temples Gate Bible Study: Sunday's 2-4pm in Room #2
- Due to Moody Youth Basketball our Gym 1 & Gym 2 are on a limited schedule through Feb. 16th.  
(Mon/Tues/Thurs/Fri open till 5:30pm, Sat closed, Wed/Sun open normal hours)
- For more information go to: [www.moodyciviccenter.com](http://www.moodyciviccenter.com) or visit [www.facebook.com/moodyalabamaciviccenter](https://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

Moody Civic Center  
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