

February

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 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	4 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	5 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	6 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	7 10:30a: Seniors	8 8:30a: Boot Camp
9	10 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	11 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	12 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	13 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	14 10:30a: Seniors	15 8:30a Boot Camp
16	17 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	18 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	19 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	20 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	21 10:30a: Seniors	22 8:30a: Boot Camp
23	24 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	25 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	26 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	27 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	28 10:30a: Seniors	29 8:30a: Boot Camp

Civic Center News & Updates:

- SilverSneakers Members: Senior Fitness Class is FREE
- RenewActive Members: Senior Fitness Class is FREE
- Gym 1 & Gym 2 will be closed for Youth Basketball most evenings and Saturdays. Wednesday and Sunday: gyms will be open regular hours for open play. Closure days and times are posted online and at the Civic Center.
- Remember Moody Civic Center for your special events – showers, holiday parties, weddings, and more! Contact Christy or Angie at 205-640-0321 for information or ask for info at the front desk.
- For more information go to: www.moodyciviccenter.com or visit 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