

January

Moody Civic Center Group Fitness Calendar

2021

\$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
3	4 6:30p: Dance Fitness	5 10:30 Silver & Strong 5:30p: Spin (Maggie) 6:30p: Yoga	6 5:30p: Yoga 6:30p: Tabata	7 10:30 Silver & Strong 5:30p: Spin (Hunter) 6:30p: Dance Fitness	8	9
10	11 6:30p: Dance Fitness	12 10:30 Silver & Strong 5:30p: Spin (Maggie) 6:30p: Yoga	13 5:30p: Yoga 6:30p: Tabata	14 10:30 Silver & Strong 5:30p: Spin (Hunter) 6:30p: Dance Fitness	15	16
17	18 6:30p: Dance Fitness	19 10:30 Silver & Strong 5:30p: Spin (Maggie) 6:30p: Yoga	20 5:30p: Yoga 6:30p: Tabata	21 10:30 Silver & Strong 5:30p: Spin (Hunter) 6:30p: Dance Fitness	22	23
24	25 6:30p: Dance Fitness	26 10:30 Silver & Strong 5:30p: Spin (Maggie) 6:30p: Yoga	27 5:30p: Yoga 6:30p: Tabata	28 10:30 Silver & Strong 5:30p: Spin (Hunter) 6:30p: Dance Fitness	29	30
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Civic Center News & Updates:

- January 2021 Classes: Dance Fitness, Silver & Strong, Spin, Tabata, and Yoga
- Welcome back to Trish Kelly!! AND Welcome to our new Spin instructor, Hunter Wallace!!
- Reserve your spot in Dance Fitness or Yoga on the day of class. Class space is limited due to class size restrictions.
- January 9th and 16th: MYA Youth Basketball Pictures in Meeting Room 1 & 2
- Room rentals are available at 50% capacity.
- Happy New Year from everyone at Moody Civic Center!!
- Check us out on Facebook!!
www.facebook.com/moodyalabamaciviccenter

Civic Center Instructors

Dance Fitness: Sharon Harris
Silver & Strong: Trish Kelly
Spin: Maggie Tucker & Hunter Wallace
Tabata: Maggie Tucker
Yoga: Maggie Tucker

Moody Civic Center
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www.moodyciviccenter.com