

# January

## 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 <b>Closed New Year's Day</b>	2 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	3 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	4	5 8:30a: Boot Camp
6	7 5:30p: Dance Fitness	8 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	9 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	10 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	11	12 8:30a: Boot Camp
13	14 5:30p: Dance Fitness	15 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	16 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	17 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	18	19 8:30a: Boot Camp
20	21 5:30p: Dance Fitness	22 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	23 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	24 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	25	26 8:30a: Boot Camp
27	28 5:30p: Dance Fitness	29 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	30 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie)	31 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)		

### Civic Center News & Updates:

- SilverSneakers Members: Senior Fitness Class is FREE
- 1/1/19 - Closed
- 1/24/19 - Earl Smith Speaker
- 1/31/19 - Awake My Soul Painting Class
- Due to Moody Youth Basketball our Gym 1 & Gym 2 are on a limited schedule through mid-February.  
(Mon/Tues/Thurs/Fri open till 5:30pm, Sat closed, Wed/Sun open normal hours)

### 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  
 200 Civic Center Drive  
 Moody, AL 35004  
 205-640-0321