

January

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

Civic Center News & Updates:

- SilverSneakers Members: Senior Fitness Class is FREE
- Effective 1/1/20 we will honor RenewActive by United Healthcare. Senior Fitness Class is FREE for RenewActive.
- ****New Class Added**** Senior Class on Fridays at 10:30 am
- 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