

July

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 5:30p: Spin (Maggie)	2 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	3	4 CLOSE FOR 4 TH OF JULY
5	6 NO BOOT CAMP	7 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	8 5:30p: Spin (Maggie)	9 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	10	11 8:30a: Boot Camp
12	13 6:00p: Boot Camp	14 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	15 5:30p: Spin (Maggie)	16 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	17	18 NO BOOT CAMP
19	20 NO BOOT CAMP	21 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	22 5:30p: Spin (Maggie)	23 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	24	25 8:30a: Boot Camp
26	27 6:00p: Boot Camp	28 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	29 5:30p: Spin (Maggie)	30 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	31	

Civic Center News & Updates:

- Walk track, weight room, and racquetball courts will be open for MEMBERS only. No day fees for Phase 1 opening.
- Some equipment in the weight room will not be available due to social distancing.
- Only 1 person in each racquetball court at a time. You must bring your own equipment.
- Basketball gyms, locker rooms, and water fountains are closed.
- Everyone is required to wash their hands at our hand washing station upon arrival.
- Thunder In The Park, Saturday July 11th at Moody City Park 6 – 9 pm
Fireworks at 9:00 pm!!
- Run- off Election Tuesday July 14th at Moody Civic Center – Gym 2 from 7 am to 7 pm
- Check us out on Facebook!!

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
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 205-640-0321
www.moodyciviccenter.com