

# June

## 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 6:00p: Boot Camp	2 5:30p: Spin (Maggie)	3 5:30p: Spin (Maggie)	4 5:30p: Spin (Maggie)	5	6 8:30a: Boot Camp
7	8 6:00p: Boot Camp	9 5:30p: Spin (Maggie)	10 5:30p: Spin (Maggie)	11 5:30p: Spin (Maggie)	12	13 8:30a: Boot Camp
14	15 6:00p: Boot Camp	16 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	17 5:30p: Spin (Maggie)	18 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	19	20 8:30a: Boot Camp
21	22 6:00p: Boot Camp	23 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	24 5:30p: Spin (Maggie)	25 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	26	27 8:30a: Boot Camp
28	29 6:00p: Boot Camp	30 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)				

### 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.
- Limited group fitness classes began May 20<sup>th</sup>.
- Basketball gyms, locker room showers, locker room lockers, and water fountains are closed.
- Everyone is required to wash their hands at our hand washing station upon arrival.
- Check us out on Facebook!!  
[www.facebook.com/moodyalabamaciviccenter](http://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

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