

May

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	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 5:30p: Spin (Maggie)	21 5:30p: Spin (Maggie)	22	23 8:30a: Boot Camp
24	25 Closed for Memorial Day	26 5:30p: Spin (Maggie)	27 5:30p: Spin (Maggie)	28 5:30p: Spin (Maggie)	29	30 8:30a: Boot Camp
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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 will begin May 20th.
- 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

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
www.moodyciviccenter.com