

November

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 6:30p: Dance Fitness	2 6:00p: Boot Camp 6:30p: Dance Fitness	3 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	4 5:30p: Yoga (Maggie) 6:30p: Dance Fitness	5 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	6	7 8:30a: Boot Camp
8 6:00p: Boot Camp 6:30p: Dance Fitness	9 6:00p: Boot Camp 6:30p: Dance Fitness	10 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	11 VETERAN'S DAY MCC CLOSED	12 NO CLASSES SPIN and YOGA CANCELLED	13	14 8:30a: Boot Camp
15 6:00p: Boot Camp 6:30p: Dance Fitness	16 6:00p: Boot Camp 6:30p: Dance Fitness	17 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	18 5:30p: Yoga (Maggie) 6:30p: Dance Fitness	19 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	20	21 8:30a: Boot Camp
22 6:00p: Boot Camp 6:30p: Dance Fitness	23 6:00p: Boot Camp 6:30p: Dance Fitness	24 5:30p: Spin (Maggie) 6:30p: Yoga (Maggie)	25 NO CLASSES MCC CLOSING AT 4:00 PM	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING	28 8:30a: Boot Camp
29 6:00p: Boot Camp 6:30p: Dance Fitness	30 6:00p: Boot Camp 6:30p: Dance Fitness					

Civic Center News & Updates:

- Reserve your spot in Dance Fitness or Yoga on the day of class. Class space is limited due to class size restrictions.
- Room rentals are available at 50% capacity through December 11th.
- **Come and shop at the 2nd Annual Holly Jolly Market!! November 29th from 1:00 pm to 5:00 pm in rooms 1 & 2**
- **Have a safe and happy Thanksgiving!!**
- 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: Maggie Tucker
Yoga: Tom Olive & Maggie Tucker

Moody Civic Center
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