

October

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

Civic Center News & Updates:

- Walk track, weight room, basketball courts, and racquetball courts will be open with restrictions for MEMBERS only. No day fees at this time due to government restrictions.
- Everyone is required to wash their hands at our hand washing station upon arrival.
- 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 November 9th.
- Get ready to VOTE!!! General Election November 3rd 2020 – Gym 2 – 7am to 7 pm
- **Have a safe and happy Halloween!!!**
- 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
 Yoga: Tom Olive & Maggie Tucker

Moody Civic Center
 200 Civic Center Drive
 Moody, AL 35004
 205-640-0321
www.moodyciviccenter.com