

September

Moody Civic Center Group Fitness Calendar

2019

\$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 Closed For Labor Day	3 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	4 6:15a: Spin (Tom) 5:30p: Yoga (Tom) 6:30p: Spin (Tom) 6:30p: Dance Fitness	5 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	6	7 8:30a: Boot Camp
8	9 5:30p: Dance Fitness 5:30p: Spin (Maggie) *****New Class***** 6:30p: Boot Camp	10 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	11 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	12 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	13	14 8:30a: Boot Camp
15	16 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	17 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	18 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	19 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	20	21 8:30a: Boot Camp
22	23 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp	24 10:30a: Seniors 5:30p: Yoga (Maggie) 6:30p: Tabata	25 6:15a: Spin (Tom) 5:30p: Yoga (Maggie) 6:30p: Spin (Maggie) 6:30p: Dance Fitness	26 10:30a: Seniors 5:30p: Dance Fitness 6:30p: Yoga (Tom)	27	28 8:30a: Boot Camp
29	30 5:30p: Dance Fitness 5:30p: Spin (Maggie) 6:30p: Boot Camp					

Civic Center News & Updates:

- SilverSneakers Members: Senior Fitness Class is FREE
- 9/11 – Edward Jones: Preparing Your Estate Plan - 12:00p to 1:30p
- 9/12 to 9/14 – Scrap Camp by the Scrapbook Princess - 9:00a to 9:00p
- 9/19 – Moody Public Library presents the Seasoned Performer at 1:00p
- 9/19 – Miss Alabama Teen USA Send Off Party 6:00p to 8:00p
- For more information go to: www.moodyciviccenter.com or visit 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