

September

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

Civic Center News & Updates:

- Walk track, basketball courts, weight room, and racquetball courts are open for MEMBERS only with limitations. NO Day Fees at this time.
- Basketball courts will open on 9/2/20 for MEMBERS only with strict capacity and social distancing restrictions & no shared equipment.
- Weight room will remain open with capacity limitations & some equipment not available due to social distancing.
- Racquetball courts will be open with capacity limitations.
- Locker rooms and water fountains are closed.
- Everyone is required to wash their hands at our hand washing station upon arrival.
- Boot Camp, Dance Fitness, Spin and Yoga classes are open with limitations due to social distancing for Members and/or \$5 class fee. Reservations may be required.
- Look us up on: 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
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www.moodyciviccenter.com