

Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
Steady for Life - Main 7900 Bailey Cove Rd. Suite G Huntsville	Balanced Body I	Th	11:00 am - 12:00 pm (includes Zoom)	Sara
	Balanced Body II	M, Th	11:15 am - 12:15 pm	Beth
	Balanced Body III	M, Th	10:10 am - 11:10 am	Kimberly
	Pilates	M, Th	9:00 am - 10:00 am	Kimberly
	Gentle Yoga	M, W	10:10 am - 11:10 am	Amy
	Move to the Music	W	11:15 am - 12:15 pm	Donna
	Rev It Up! Balance	M, W, F	9:00 am - 10:00 am (includes Zoom)	Paula
	Intermediate Yoga	M	10:00 am - 11:00 am	Pam
	Strength Building	M	11:15 am - 12:15 pm	Kimberly
First Baptist Church 600 Governor's Drive Huntsville	Balanced Body II	M, W	11:00 am - 12:00 pm (includes Zoom)	Sara
	Balanced Body III	M, W	10:00 am - 11:00 am	Sara
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body II	Tu, Th	11:30 am - 12:30 pm	Paula
Locust Grove Baptist Church 171 County Lake Rd. New Market	Balanced Body II	Tu, Th	9:00 am - 10:00 am	Helen
Monrovia Church of Christ 595 Nance Rd. Huntsville	Gentle Yoga	Tu	11:00 am - 12:00 pm	Chris
	Move to the Music	Th	11:00 am - 12:00 pm	Donna
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	8:00 am - 9:00 am	Karleen
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body II	Tu, F	1:00 pm - 2:00 pm	Paula
Nativity Episcopal Church 208 Eustis Ave Huntsville	Balanced Body III	Tu	9:30 am - 10:30 am	Megan
	Move to the Music	F	9:30 am - 10:30 am	Jill
Owens Cross Rds. Church of Christ 124 Eastwood Dr. Owens Cross Rds.	Balanced Body III	Tu, Th	10:00 am - 11:00 am (includes Zoom)	Debra
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body II	Tu, Th	1:00 pm - 2:00 pm	Amy
	Chair Yoga	Tu	2:15 pm - 3:00 pm	Amy
The Lodge 451 Johns Rd NW Huntsville	Balanced Body - Level 2	Tu	2:00 pm - 3:00 pm	Lynn