Kim Davis, Director
(256) 213-1976
Kim.SteadyforLife@gmail.com

Check out our website for schedules, photos, news about our trips, activities and events which are open to the community.
www.steadyforlife.org

Fees: For classes that meet 2 times per week, the monthly charge is $24.
For classes that meet 3 times per week, the monthly charge is $30.

Our Mission: STEADY FOR LIFE, a non-profit 501(c)(3) program, is dedicated to:
Providing an Environment for Life Balance to Nurture Confident Healthy Aging in Body, Mind and Spirit.

Classes are held at the following locations:

Steady for Life Main
7900 Bailey Cove Road Ste. F., Huntsville,AL

First Baptist Church of Meridianville
175 Monroe Road, Meridianville, AL

Nativity Episcopal Church
208 Eustis Ave., Huntsville, AL

Owens Cross Roads Church of Christ
124 Eastwood Dr., Owens Cross Roads, AL

Monte Sano United Methodist Church
601 Monte Sano Blvd. SE, Huntsville, AL

Mt. Zion Baptist Church
228 Mt. Zion Road, Huntsville, AL

Valley United Methodist Church
1410 Drake Ave. SE, Huntsville, AL

Monrovia Church of Christ
595 Nance Road, Madison, AL

Locust Grove Baptist Church
171 County Lake Rd., New Market, AL

First Baptist Church
600 Govenors Dr. SW, Huntsville, AL

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STEADY for LIFE

Building Blocks for Healthy, Graceful Aging

OUR CLASSES ARE DESIGNED TO:

Improve strength & balance
Increase flexibility
Diminish the risk of falling
Promote confidence in graceful aging
Nurture body, mind & spirit

Our Classes:

Beginners / Intermediate Balanced Body

This class is ideal for beginners, as well as intermediates who are moderately active and like to have fun while exercising! Improve your balance with targeted techniques designed to get you moving more. Increase your strength and stamina with Therabands, light weights, and other tools that address vital muscle groups. Each class ends with gentle stretch and relaxation.

Advanced Balanced Body

Designed for more advanced class members who want to maintain good balance. This class emphasizes balance in motion using low impact aerobics combined with coordinated movements and strength training. Balance and stability will be challenged using more difficult techniques, and each class ends with a focus on gentle stretching. Brain exercises are incorporated throughout the session to improve balance, reflexes, focus and cognition.

Move to the Music

This year we chose the Country Line Dancing style for our MOVE TO THE MUSIC class. This fun and energetic class is for those who enjoy moving their feet to the beat! Donna Sisk does an outstanding job teaching this format at our Main location and our Madison location.

"Rev it UP!" Balance

For those who have good balance and want to do the things necessary to keep from becoming balance compromised, REV, our most advanced class was created to utilize higher impact aerobics, games, circuits and strength building techniques. REV is a fun class set to music, designed to improve overall health.

Gentle Yoga

YOGA FOR BEGINNERS is truly for everyone. We respect and care for our bodies within our individual physical limitations. Our instructor cues for those wishing to use a chair or a mat.

Pilates Class

From our mats, we will learn how our breath affects abdominal engagement, how concentration and focusing allows us to perform the movements with precision and control. We will see every area of our bodies become more sculpted. Each exercise can be modified to match the ability of the student, which makes Pilates a wonderful class for people of all ages and fitness levels. Additional benefits of Pilates pratice are increased strength and flexibility, improved posture and joint health, as well as better balance and coordination.

Steady for Life balance classes enjoy fellowship beyond class time with picnics, parties, trips, luncheons, seminars, game days, service projects, plays and movies. Come join the fun.

Steady for Life Balance Instructors

Kimberly Brown · *Julie Carden* · *Amy Farnsworth* · *Beth Flatt* · *Helen Ford* · *Chris Irrgang*

Karleen Killen · *Amanda Reynolds* · *Britney Shoemaker* · *Donna Sisk* · *Debra Wade* · *Paula Williams*