Kim Davis, Director
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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.

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.
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

Holmes St. United Methodist Church
501 Holmes Avenue NE, 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

Woods Cove
53 Boy Dr. Scottsboro, 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.

Cardio Drumming
There are many benefits of Drumming from head-to-toe; the brain connections and focus, the muscle conditioning, fine motor skills and spatial awareness, stretching and balance . . . all done to GREAT music! This class can be done either standing or sitting led by two amazing instructors, Fred Walker & Amanda Reynolds.

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.

Kim Davis, *Director*

Steady for Life Balance Instructors