

Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
Steady for Life - Main 7900 Bailey Cove Rd. Suite F Huntsville	Intermediate Yoga	M, W, F	8:45 am - 9:45 am	Susan & Shawna
	Rev It Up! Balance	M, W, F	10:00 am - 11:00 am	Shawna
	Balanced Body - Level III	M, W, F	10:00 am - 11:00 am	Susan & Helen
	Balanced Body - Level II	M, W, F	11:15 am - 12:15 pm	Beth & Terrie
	Flowing Balance - Tai Chi	W	11:15 am - 12:15 pm	Susan
	Move to the Music	F	11:15 am - 12:15 pm	Jill
	Beginner's Yoga	M, W	12:30 pm - 1:30 pm	Amy
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	9:30 am - 10:30 am	Alan
	Balanced Body - Level III	Tu, Th	10:30 am - 11:30 am	Alan
All Saints Lutheran Church 12100 Baily Cove Road Huntsville	Balanced Body - Level I	M, W, F	10:00 am - 11:00 am	Sara
	Balanced Body - Level II	M, F	10:00 am - 11:00 am	Amy
Big Cove Presbyterian Church 145 Camp Ground Rd. Brownsboro	Balanced Body - Level III	Tu, Th	10:00 am - 11:00 am	Debra
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body - Level II	Tu, F	1:00 pm - 2:00 pm	Alan
Holmes St. United Methodist Church 501 Holmes Ave. Huntsville	Balanced Body - Level II	M, Th	1:00 pm - 2:00 pm	Shawna
Monrovia Church of Christ 595 Nance Rd. Huntsville	Advanced Balance & Yoga	Tu	10:30 am - 12:00 pm	Chris
	Move to the Music	Th	10:30 am - 12:00 pm	Jill
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body - Level III	Tu, Th	1:00 pm - 2:00 pm	Amy
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body - Level II	Tu, Th	11:00 am - 12:00 pm	Paula