

## Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
<b>Steady for Life - Main</b> 7900 Bailey Cove Rd. Suite F Huntsville	Gentle Yoga	M	1:15 pm - 2:15 pm	Britney
	Gentle Yoga	W, F	10:15 am - 11:15 am	Britney & Amy
	Rev It Up! Balance	M, W, F	9:00 am - 10:00 am	Paula
	Balanced Body - Level 3	M, Th	10:00 am - 11:00 am	Britney & Helen
	Balanced Body - Level 2	M, Th	11:15 am - 12:15 pm	Beth & Helen
	Move to the Music	W	11:30 am - 12:30 pm	Donna
	Cardio Drumming	F	11:30 am - 12:30 pm	Fred & Amanda
<b>Monte Sano United Methodist Church</b> 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	9:00 am - 10:00 am	Karleen
	Balanced Body - Level 3	Tu, Th	10:15 am - 11:15 am	Carla
<b>Owens Cross Rds. Church of Christ</b> 3229 Old Highway 431 Owens Cross Roads	Balanced Body - Level 3	Tu, Th	10:00 am - 11:00 am	Debra
<b>Mount Zion Baptist Church</b> 228 Mt. Zion Rd Huntsville	Balanced Body - Level 2	Tu, F	1:00 pm - 2:00 pm	Paula
<b>Holmes St. United Methodist Church</b> 501 Holmes Ave. Huntsville	Balanced Body - Level 2	Tu, Th	1:00 pm - 2:00 pm	Helen
<b>Monrovia Church of Christ</b> 595 Nance Rd. Huntsville	Yoga	Tu	11:00 am - 12:00 pm	Chris
	Move to the Music	Th	11:00 am - 12:00 pm	Donna
<b>Valley United Methodist Church</b> 1410 Drake Ave. Huntsville	Balanced Body - Level 2	Tu, Th	1:00 pm - 2:00 pm	Amy

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Location	Class	Days	Time	Instructor
<b>First Baptist Church of Meridianville</b> 175 Monroe Rd. Meridianville	Balanced Body - Level 2	Tu, Th	11:30 am - 12:30 pm	Paula
<b>Woods Cove</b> 53 Boy Dr. Scottsboro	Balanced Body - Level 2	M, W	10:00 am - 11:00 am	Jill & Brenda
<b>Locust Grove Baptist Church</b> 171 County Lake Rd. New Market	Balanced Body - Level 2	W, F	10:00 am - 11:00 am	Helen
<b>Nativity Episcopal Church</b> 208 Eustis Ave Huntsville	Balanced Body - Level 3	M, F	10:30 am - 11:30 am	Amy & Paula

Last updated November 3, 2021