

Steady For Life Class Schedule

Location	Class	Days	Time	Instructor
Steady for Life - Main 7900 Bailey Cove Rd. Suite F Huntsville	Balanced Body - Level 2	M, Th	11:15 am - 12:15 pm	Beth & Helen
	Balanced Body - Level 3	M, Th	10:00 am - 11:00 am	Britney & Debra
	Cardio Drumming	F	10:00 am - 11:00 am	Fred & Amanda
	Gentle Yoga	M	1:15 pm - 2:15 pm	Britney
	Gentle Yoga	W	10:15 am - 11:15 am	Amy
	Gentle Yoga	Th	8:45 am - 9:45 am	Britney
	Rev It Up! Balance	M, W, F	9:00 am - 10:00 am	Paula
	Move to the Music	W	11:30 am - 12:30 pm	Donna
First Baptist Church 600 Governor's Drive Huntsville	Balanced Body - Level 2	M, W	11:00 am - 12:00 am	Diane
	Balanced Body - Level 2	M, W	1:00 pm - 2:00 pm	Helen
	Balanced Body - Level 3	M, W	10:00 am - 11:00 am	Sarah
	Gentle Yoga	M, W	11:00 am - 12:00 pm	Sarah
	Tai Chi	M, W	10:00 am - 11:00 am	Jack
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body - Level 2	Tu, Th	11:30 am - 12:30 pm	Paula
Locust Grove Baptist Church 171 County Lake Rd. New Market	Balanced Body - Level 2	Tu, Th	10:00 am - 11:00 am	Helen
Monrovia Church of Christ 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
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Tu, Th	9:00 am - 10:00 am	Karleen
	Balanced Body - Level 3	Tu, F	10:15 am - 11:15 am	Carla
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body - Level 2	Tu, F	1:00 pm - 2:00 pm	Paula

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Location	Class	Days	Time	Instructor
Nativity Episcopal Church 208 Eustis Ave Huntsville	Balanced Body - Level 3	M, F	10:30 am - 11:30 am	Amy & Paula
Owens Cross Rds. Church of Christ 3229 Old Highway 431 Owens Cross Roads	Balanced Body - Level 3	Tu, Th	10:00 am - 11:00 am	Debra
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body - Level 2	Tu, Th	1:00 pm - 2:00 pm	Amy
Woods Cove 53 Boy Dr. Scottsboro	Balanced Body - Level 2	M, W	10:00 am - 11:00 am	Jill & Brenda

Last updated January 10, 2022