



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



Kim Davis, Director
 (256) 213-1976
 Kim@steadyforlife.org

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

Fees: For classes that meet 2 times per week, the monthly charge is \$25.00.
 For classes that meet 3 times per week, the monthly charge is \$37.50.

Classes are held at the following locations:

Steady for Life Main

Sandra Moon Community Complex
 7901 Bailey Cove Road, 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

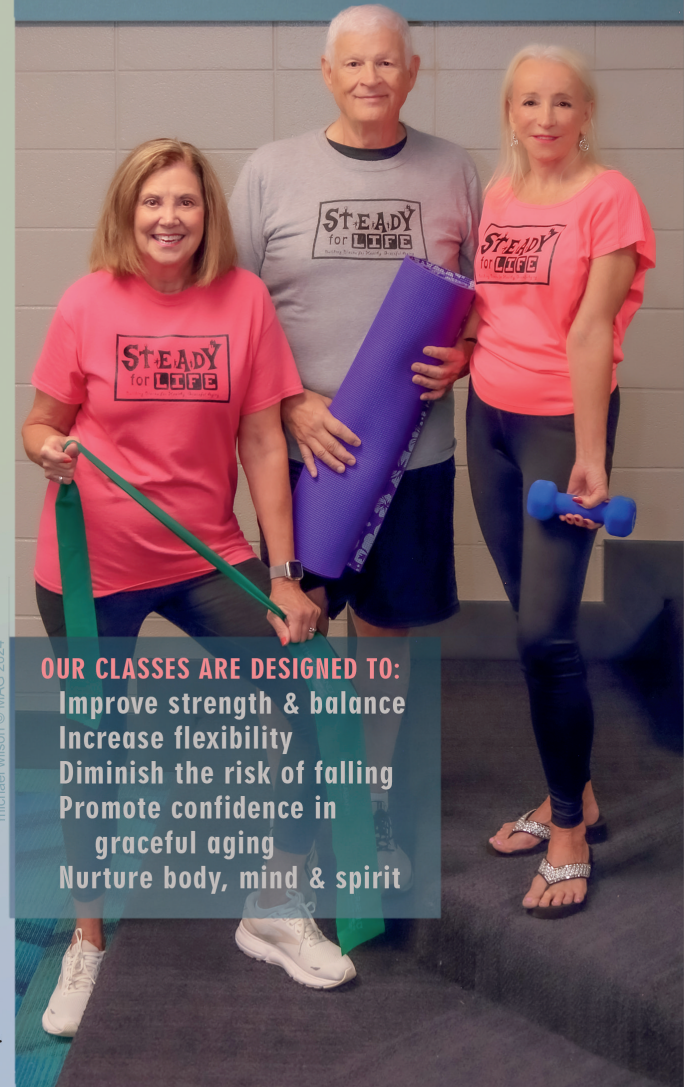
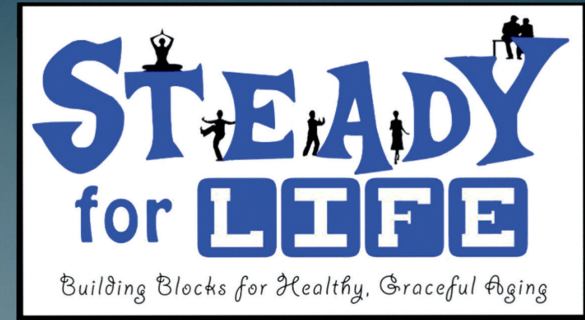
Monrovia Church of Christ
 595 Nance Road, Madison, AL

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

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

The Lodge at John's Road
 451 John's Road NW, Huntsville, AL

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.



OUR CLASSES ARE DESIGNED TO:
 Improve strength & balance
 Increase flexibility
 Diminish the risk of falling
 Promote confidence in graceful aging
 Nurture body, mind & spirit

vertical text: michael wilson © MAG 2024



Beginners Balanced Body 1

New to exercise? This is a great place to start! Exercises consist of low intensity cardio and strength building. Lots of chair exercises with bands and light weights. Then balance work with a bar, and stretch for a cooldown. All levels of mobility are welcome, including those with canes and walkers.

Intermediate Balanced Body 2

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 3

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

We enjoy Zumba and Country Line Dancing styles for our MOVE to THE MUSIC classes. This fun and energetic class is for those who enjoy moving their feet to the beat! Our instructors do an outstanding job teaching this format at our Main location, as well as our Downtown and our Madison locations.



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, Intermediate or Chair Yoga

YOGA is truly for everyone. Our instructors cue for those wishing to use a chair or a mat. We focus on stretching and flexibility, and explore poses and transitions in ways that respect individual abilities and needs. Deep breathing and relaxation are key components of each practice.

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 practice includes strength and flexibility, improved posture and joint health, as well as better balance and coordination.

Zoom Classes

There are Zoom options for four different levels of Balance classes from your home: Balanced Body 1, Balanced Body 2, Balanced Body 3, and Rev it up!. For more information, call Steady for Life at 256-213-1976.



Steady for Life Balance Instructors



Strength Building Class

Are you interested in moving through your everyday activities with more strength and ease? Our Strength Building class will help you build muscle mass and keep your bones strong. This class accepts everyone at their current level and will progress with higher weight and reps over time. The focus is on proper form and full body strength and mobility.