

Location	Class	Day	Time	Instructor
Steady for Life – Main Sandra Moon Community Complex Southend of the campus 7901 Bailey Cove Rd Huntsville	Balanced Body II	Mon, Thur	11:15 am – 12:15 pm	Beth & Debbie
	Balanced Body III	Mon, Thur	10:10 am – 11:10 am	Kimberly
	Pilates	Mon, Thur	9:00 am – 10:00 am	Kimberly
	Gentle Yoga	Wed	10:10 am – 11:10 am	Amy
	Move to the Music	Wed	11:15 am – 12:15 pm	Donna
	Rev It Up! Balance	Mon, Wed, Fri	9:00 am – 10:00 am (Mon: Zoom only Wed/Fri: in-person & Zoom)	Paula
	Intermediate Yoga	Mon	10:15 am – 11:15 am	Pam
	Strength Building	Mon & Wed	Mon: 11:30 am – 12:30 pm Wed: 10:15 am – 11:15 am	Kimberly
Faith Presbyterian Church 5003 Whitesburg Way, Huntsville	Beginner’s Ballroom Dancing	Wed	10:45 am – 11:45 am	Bob & Susan
First Baptist Church 600 Governor’s Drive Huntsville	Balanced Body II	Mon, Wed	11:00 am – 12:00 pm	Lebee
	Balanced Body III	Mon, Wed	10:00 am – 11:00 am	Lebee
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville	Balanced Body II	Tue, Thur	11:30 am – 12:30 pm	Paula
Locust Grove Baptist Church 171 County Lake Rd. New Market	Balanced Body II	Tue, Thur	9:00 am – 10:00 am	Helen
Monrovia Church of Christ 595 Nance Rd. Huntsville	Gentle Yoga	Tue	11:00 am – 12:00 pm	Jennifer
	Move to the Music	Thur	11:00 am – 12:00 pm	Donna
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville	Gentle Yoga	Fri	9:00 am – 10:00 am	Karleen
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville	Balanced Body II	Tue, Fri	1:00 pm – 2:00 pm	Paula
Nativity Episcopal Church 208 Eustis Ave Huntsville	Gentle Yoga	Tue	8:30 am – 9:30 am	Pam & Lebee
	Balanced Body III	Tue	9:45 am – 10:45 am	Pam & Lebee
	Move to the Music	Fri	9:30 am – 10:30 am	Jill
Owens Cross Rds. Church of Christ 124 Eastwood Dr. Owens Cross Rds.	Balanced Body II	Tue, Thur	09:00 am – 10:00 am (includes Zoom)	Debra
	Balanced Body III	Tue, Thur	10:00 am – 11:00 am (includes Zoom)	Debra
Valley United Methodist Church 1410 Drake Ave. Huntsville	Balanced Body I / II	Tue, Thur	1:00 pm – 2:00 pm	Amy
	Chair Yoga	Tue	2:15 pm – 3:00 pm	Amy