

## CONTACT:

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## OUR MISSION ~

Provide an environment for  
Life Balance to Nurture  
Confident Healthy Aging in  
Body, Mind and Spirit

Our Classes are designed to:

- \* Improve strength and balance
- \* Increase flexibility
- \* Diminish the risk of falling
- \* Promote confidence in graceful aging

## Class Fees

2 times per week  
\$25/month  
3 times per week  
\$37.50/month

## Check out our SFL website

for schedules, photos, trip information, and availability of classes and events open to our community.

[www.steadyforlife.org](http://www.steadyforlife.org)

**Steady for Life**  
is a non-profit  
501(c)3 agency



## Bringing Balance to Your Life

At Steady for Life, you will find a friendly, caring staff. All of our instructors study to be on the cutting edge of fall prevention and senior fitness. The combined experience of our instructors exceeds 100 years!

Classes are seated and/or standing. We provide individual options designed to strengthen your whole body (core, spine, ankles, legs, hips, arms, shoulders, internal organs and more) which enhances the energy systems of the body.

Steady for Life class participants enjoy fellowship beyond class time: picnics, parties, trips, seminars, game days and plays. Come join the fun with more than 350 "Steadies" from 12 locations within Madison County.

### "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.

*(Also available on ZOOM)*

### Gentle Yoga

Yoga is truly for everyone. We respect and care for our bodies within our individual physical limitations. Our instructor cues for those wishing to use a chair or a mat. We focus on stretching and flexibility, proper breathing techniques, and exploring poses and transitions in ways that respect individual abilities and needs.

### 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 are increased strength and flexibility, improved posture and joint health as well as better balance and coordination.

### Chair Yoga

Gentle stretching, deep breathing and relaxation without getting down on the floor. If you can sit and breathe, you can do chair yoga. Take time for yourself.

### Balanced Body II

This class is ideal for those 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. *(Also available on ZOOM)*

### Advanced Balanced Body III


Designed 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. *(Also available on ZOOM)*

### Move to the Music

These fun and energetic classes of Zumba, Ballroom Dancing & Line Dancing are for those who enjoy moving their feet to the beat. In our Madison, Downtown & South Huntsville locations, our instructors are doing a terrific job making exercise fun! Exercising our brains is an added benefit.

### Strength Building

Our new Strength Building class places emphasis on upper and lower body strengthening. It includes working with hand weights, using correct form to strengthen your body, and includes many exercises for full body mobility.

See class schedule on  
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Location	Class	Days	Time	Instructor
<b>Steady for Life - Main</b> First Baptist Church Madison 4257 Sullivan St. Madison Alabama 35758	Balanced Body II	M, Th	11:15 am - 12:15 pm	Beth & Debbie
	Balanced Body III	M, Th	10:10 am - 11:10 am	Kimberly
	Pilates	M, Th	9:00 am - 10:00 am	Kimberly
	Gentle Yoga	W	10:10 am - 11:10 am	Amy
	Move to the Music	W	11:15 am - 12:15 pm	Donna
	Rev It Up! Balance	M, W, F	9:00 am - 10:00 am <b>M:zoom only W,F: in person &amp; Zoom</b>	Paula
	Intermediate Yoga	M	10:15 am - 11:15 am	Pam
	Strength Building	M, W	M:11:30 am - 12:30 pm; W:10:15 -11:15 am	Kimberly
<b>Faith Presbyterian</b> 5003 Whitesburg Drive Huntsville	Beginner's Ballroom Dancing	W	1:00 pm – 2:00 pm	Bob and Susan
<b>First Baptist Church Huntsville</b> 600 Governor's Drive Huntsville	Balanced Body II	M, W	11:00 am - 12:00 pm	Lébee
	Balanced Body III	M, W	10:00 am - 11:00 am	Lébee
<b>First Baptist Church of Meridianville</b> 175 Monroe Rd. Meridianville	Balanced Body II	Tu, Th	11:30 am - 12:30 pm	Paula
<b>Locust Grove Baptist Church</b> 171 County Lake Rd. New Market	Balanced Body II	Tu, Th	9:00 am - 10:00 am	Helen
<b>Monrovia Church of Christ</b> 595 Homer Nance Rd. Huntsville	Gentle Yoga	Tu	11:00 am - 12:00 pm	Jennifer
	Move to the Music	Th	11:00 am - 12:00 pm	Donna
<b>Monte Sano United Methodist Church</b> 601 Monte Sano Blvd. Huntsville	Gentle Yoga	F	9:00 am - 10:00 am	Karleen & Jennifer
<b>Mount Zion Baptist Church</b> 228 Mt. Zion Rd Huntsville	Balanced Body II	Tu, F	1:00 pm - 2:00 pm	Paula
<b>Nativity Episcopal Church</b> 208 Eustis Ave Huntsville	Gentle Yoga	Tu	8:30 am - 9:30 am	Pam & Lébee
	Balanced Body III	Tu	9:45 am - 10:45 am	Pam & Lébee
	Move to the Music	F	9:30 am - 10:30 am	Jill
<b>Owens Cross Rds. Church of Christ</b> 124 Eastwood Dr. Owens Cross Rds.	Balanced Body II	Tu, Th	9:00 am - 10:00 am (includes Zoom)	Debra
	Balanced Body III	Tu, Th	10:00 am - 11:00 am (includes Zoom)	Debra
<b>Valley United Methodist Church</b> 1410 Drake Ave. Huntsville	Balanced Body I/II	Tu, Th	1:00 pm - 2:00 pm	Amy
	Chair Yoga	Tu	2:15 pm - 3:00 pm	Amy
<b>Holmes Street UM Church</b> 501 Holmes Ave. NE. Huntsville	Balanced Body II	Tu, Th	1:00 pm - 2:00 pm	Jennifer
<b>First Baptist Church Madison</b> 4257 Sullivan St. Madison Alabama 35758	Balanced Body II	Tu, Th	1:00 pm - 2:00 pm	Kristin