

Location	Class	Days	Time	Instructor
Steady for Life - Main Fred Astaire Studio 7900 Bailey Cove Rd. Suite 8A Huntsville, AL 35802	Balanced Body II	Tue, Thur	11:30 am – 12:30 pm	Beth & Debbie
	Balanced Body III	Tue, Thur	10:15 am – 11:15 am	Kimberly
	Pilates	Mon, Thur	09:00 am – 10:00 am	Kimberly
	Gentle Yoga	Wed	09:55 am – 10:45 am	Amy
	Move to the Music (Line Dancing)	Wed	11:45 am – 12:35 pm	Donna
	Move to the Music (Zumba Style)	Tue	09:00 am – 10:00 am	Ellen
	Rev It Up! Balance	Mon, Wed, Fri	09:00 am – 10:00 am (Mon: Zoom only Wed/Fri: in-person & Zoom)	Paula
	Intermediate Yoga	Mon	11:30 am – 12:30 pm	Pam
	Strength Building	Mon & Wed	Mon: 10:15 am – 11:15 am Wed: 10:50 am – 11:40 am	Kimberly
Faith Presbyterian 5003 Whitesburg Drive Huntsville, AL 35802	Beginner’s Ballroom Dancing	Wed	01:00 pm – 02:00 pm	Bob and Susan
	Move to the Music	Tue	01:00 pm – 02:00 pm	Ellen
First Baptist Church Huntsville 600 Governor's Drive Huntsville, AL 35801	Balanced Body II	Mon, Wed	11:00 am – 12:00 pm	Lébee
	Balanced Body III	Mon, Wed	10:00 am – 11:00 am	Lébee
First Baptist Church of Meridianville 175 Monroe Rd. Meridianville, AL 35759	Balanced Body II	Tue, Thur	11:30 am – 12:30 pm	Paula
Locust Grove Baptist Church 171 County Lake Rd. New Market, AL 35761	Balanced Body II	Tue, Thur	09:00 am – 10:00 am	Helen
Monrovia Church of Christ 595 Nance Rd. Huntsville, AL 35757	Gentle Yoga	Tue	11:00 am – 12:00 pm	Kristin
	Move to the Music	Thur	11:00 am – 12:00 pm	Donna
Monte Sano United Methodist Church 601 Monte Sano Blvd. Huntsville, AL 35801	Gentle Yoga	Fri	09:00 am – 10:00 am	Karleen
Mount Zion Baptist Church 228 Mt. Zion Rd Huntsville, AL 35806	Balanced Body II	Tue, Fri	01:00 pm – 02:00 pm	Paula
Nativity Episcopal Church 208 Eustis Ave Huntsville, AL 35801	Gentle Yoga	Tue	08:30 am – 09:30 am	Pam & Lébee
	Balanced Body III	Tue	09:45 am – 10:45 am	Pam & Lébee
	Move to the Music	Fri	09:30 am – 10:30 am	Jill
Owens Cross Rds. Church of Christ 124 Eastwood Dr. Owens Cross Rds. AL 35763	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, AL 35802	Balanced Body I / II	Tue, Thur	01:00 pm – 02:00 pm	Amy
	Chair Yoga	Tue	02:15 pm – 03:00 pm	Amy
Holmes Street UM Church 501 Holmes Ave. NE. Huntsville, AL 35801	Balanced Body II	Tue, Thur	01:30 pm – 02:30 pm	Emily
First Baptist Church Madison 4257 Sullivan St. Madison, AL 35758	Balanced Body II	Tue, Thur	01:00 pm – 02:00 pm	Kristin