

CONTACT:

Debbie Mayes
Executive Director
256-213-1976
debbie@steadyforlife.org

Kim Davis
Travel Director
256-652-2912
Kim@steadyforlife.org

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

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, and plays. Come join the fun with more than 350 "Steadies" from 13 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

Gentle Yoga is a practice for everyone, focusing on mindful movement and self-care. This class emphasizes stretching, flexibility, and proper breathing techniques while respecting individual abilities. Participants can choose to practice using a chair or a mat, ensuring a comfortable and supportive experience.

Intermediate 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.

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.

Strength Building

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

Balanced Body II

Improve your balance with targeted techniques designed to get you moving more.

Increase your strength and stamina with Therabands, light weights, and other creative tools that address vital muscle groups. This class is ideal for those who are moderately active and like to have fun while exercising!

Each class ends with gentle stretch and relaxation. (Also available on ZOOM)

Balanced Body III

Designed for those who want to maintain a good balance. This class emphasizes balance in motion, using low impact aerobics, combined with coordinated movement and strength training. Balance and stability are challenged using more difficult techniques, and each class ends with gentle stretching. Brain exercises are incorporated throughout the session to improve balance, reflexes, and focus.

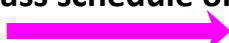
(Also available on ZOOM)

Move to the Music

These fun and energetic line dancing and Zumba style classes are for those who enjoy moving their feet to the beat. The instructors are doing a terrific job making exercise fun! Exercising our brains is an added benefit. In addition to Move To The Music, we also have a very popular Beginner's Ballroom Dancing class.

Pilates Class

Pilates is a mind-body series of exercises that are non-impact and focuses on strength, core stability, flexibility, muscle control, posture and breathing. Pilates can be adapted for people at any fitness level. Posture flexibility, and balance is also improved. Classes will be on the mat with our instructor focusing on proper form and breathing.

See class schedule on back 

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 & Kristin
	Balanced Body III	Tue, Thur	10:15 am – 11:15 am	Kimberly
	Pilates	Mon, Thur	9:00 am – 10:00 am	Kimberly
	Gentle Yoga	Wed	9:55 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	9:00 am – 10:00 am	Ellen
	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	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	1:00 pm – 2:00 pm	Bob and Susan
	Move to the Music	Tue	1:00 pm – 2:00 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	9:00 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	9:00 am – 10:00 am	Karleen
Mount Zion Baptist Church 228 Mt. Zion Rd, Huntsville, AL 35806	Balanced Body II	Tue, Fri	1:00 pm – 2:00 pm	Paula
Nativity Episcopal Church 208 Eustis Ave, Huntsville, AL 35801	Gentle Yoga	Tue	8:30 am – 9:30 am	Pam & Lébee
	Balanced Body III	Tue	9:45 am – 10:45 am	Pam & Lébee
	Move to the Music	Fri	9:30 am – 10:30 am	Jill
Owens Cross Rds. Church of Christ 124 Eastwood Dr. Owens Cross Rds. AL 35763	Balanced Body II	Tue, Thur	9:00 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	1:00 pm – 2:00 pm	Amy
	Chair Yoga	Tue	2:15 pm – 3:00 pm	Amy
Holmes Street UM Church 501 Holmes Ave. NE. Huntsville, AL 35801	Balanced Body II	Tue, Thur	1:30 pm – 2:30 pm	Emily
First Baptist Church Madison 4257 Sullivan St. Madison, AL 35758	Balanced Body II	Tue, Thur	1:00 pm – 2:00 pm	Kristin