

## HOURS OF OPERATION

MOVE is conveniently open seven days a week. Inquire at ENCOUNTER or check the quarterly program guide for current hours of operation.

## MONTHLY RATES

There is a one-time \$100 Health Enrollment Fee per household (not per person) for new memberships.

Membership fees may be paid via month-to-month Electronic Funds Transfer from a checking, savings or credit card account or paid annually in full at the time of sign-up.

Single member	\$46
Add a second person in the household for	\$20
Add third person in the household for	\$15
Add additional household members for	\$10

Seniors (65 years and older) receive a 10% discount on the prices above.

Charlotte Aquatic Center pool membership can be added to a MOVE membership for \$9 per month for a single member, or for \$17 per month for a household.

Corporate rates are available. Please ask at work if your company participates.



800 W. Lawrence Avenue,  
Charlotte, Michigan 48813



Become a *Move* member



## WELCOME

**MOVE** is the fitness center at **ALIVE**, an experience-based, destination health park.

**MOVE** is uniquely designed to eliminate the barriers to physical activity and fitness. Join people of all shapes, sizes and ages taking charge of their health and getting results. Step inside and find a bright and lively environment full of energy and excitement, including:

- **BLAST**, an open space ideal for any dynamic exercise.
- **BREATHE**, a more intimate exercise space secluded in a park-like setting.
- **BUILD**, a more traditional area for free-weights, functional training and a select drive line of strength-training equipment.
- **ENERGIZE**, a state-of-the-art studio fully equipped for an exceptional group exercise experience.
- **PULSE**, a well-equipped and technically advanced cardiovascular exercise area.
- **SPARK**, a large workout space designed for high-intensity exercise, power movements and CrossFit.
- **INDULGE**, men's and women's locker rooms featuring dry saunas where members are pampered with spa-like amenities.

**MOVE** has the team members, programming and equipment to meet your individual needs. Whether you are new to exercise or an experienced athlete, **MOVE** can help you reach your goals.

Visit [myalive.com](http://myalive.com) for more information or call (517) 543-9575.

## MEMBERSHIP BENEFITS

- Degreed staff and certified trainers on site to assist members at all times.
- More than 100 FREE group exercise classes and recreational activities per week.
- Complimentary pre- and post-Basic Clinical Assessment package. Includes body composition analysis, cardiovascular assessment and flexibility assessment, as well as individualized program design.
- Discounts on personal and group training, spa services and specialized classes.
- Ability to earn prizes through member incentive program.
- Ability to add **GROW** (child care) memberships, locker rentals and laundry service.
- Opportunities for discounted memberships to the Charlotte Aquatic Center and CrossFit Fade.

Pick up a quarterly program guide or visit [myalive.com](http://myalive.com) for more information about classes and programs.



## ADDITIONAL AMENITIES

- **DIRECT**, large open space used for yoga and pilates programming.
- **FUSE**, relaxing spa services including massage, facials and body treatments.
- **GROW**, a supervised recreation and enrichment area for children ages three months to 12 years, featuring indoor and outdoor play structures and a designated learning center for children 8 to 12 years old.
- **LEARN**, an intimate studio space for youth and other small group activities.
- **NOURISH by The Big Salad**, cafe offering an extensive variety of salad and sandwich combinations, plus coffee, smoothies and grab 'n' go items.
- **SOAR**, a spacious multi-purpose gym for recreational activities like basketball, volleyball, pickleball, rock-climbing and more.