



WINTER 2022-23 PROGRAM GUIDE



December 4, 2022 - March 4, 2023
www.myalive.com



Hours of Operation

ALIVE and MOVE

All guests are encouraged to use the main entry.

Monday – Friday	5:30 a.m. – 9 p.m.
Saturday	7 a.m. – 3 p.m.
Sunday	9 a.m. – 3 p.m.

GROW

GROW is available for children ages 3 months to 12 years of age (ages 3 months to 2 years require reservations). Children are able to stay up to two-hours per visit. Please call 517.541.5803 to make a reservation for a child under the age of 2.

Current pricing is listed on pg. 40.

Monday – Friday	8 a.m. – 12 p.m. 4:15 p.m. – 8 p.m.
Saturday	8 a.m. – 12 p.m.

NOURISH

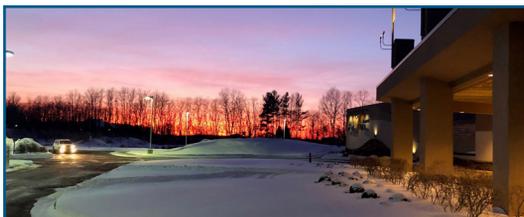
Visit myalive.com for the latest updates on NOURISH, the ALIVE community cafe.

Monday – Friday 7 a.m. – 7 p.m.

Holidays

ALIVE will be closed in observance of Christmas (December 25) and New Year's Day (January 1).

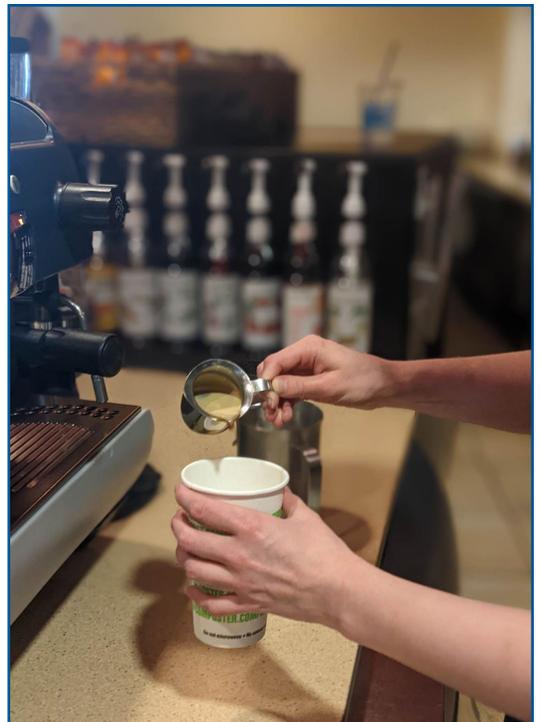
ALIVE will be open limited hours from 8 a.m. to 12 p.m. Christmas Eve (December 24) and New Year's Eve (December 31).



ALIVE entrance

Directory

ALIVE – Main	541.5800
ALIVE – Fax	541.5810
Class Registration	541.5800, opt. 7
General Information	541.5800, opt. 6
ALIVE Clinical Services	541.5800, opt. 2
FUSE (Spa Services)	541.5886
GATHER (Event Planning)	541.5812
GROW (Childcare)	541.5803
MOVE (Fitness Center)	543.9575
NOURISH (Café)	541.5815
COVID Testing Info	541.5817



Coffee from NOURISH

Directory (continued)

Helen Johnson

SEH President/ALIVE Executive Director
helen.johnson@sparrow.org

Jacob Campbell

Director of ALIVE Operations
jacob.campbell@sparrow.org

Kim Dickinson

Director of ALIVE Clinical Services
kimberly.dickinson@sparrow.org

Ellen Dreps

Events Manager
ellen.dreps@sparrow.org

Jacob Brown

EMPOWER Supervisor
jacob.brown@sparrow.org

Deb Dillon

Community Nutrition Coordinator
deborah.dillon@sparrow.org

Jenna Edwards

Cardiopulmonary Supervisor
jenna.edwards@sparrow.org

Danielle Gillentine

GROW Supervisor
danielle.gillentine@sparrow.org

Angela Tate

MOVE Supervisor
angela.tate@sparrow.org

ALIVE Policies

ALIVE is an inclusive facility that welcomes all individuals. While utilizing ALIVE we ask that you adhere to the following policies.

- Check-in by using your LINK Card when entering ALIVE.
- Complimentary lockers and coat hooks to store belongings are available in STOW. Please safeguard your belongings as ALIVE is not responsible for any lost or stolen items.
- Treat all other patrons and staff of ALIVE with respect and refrain from any vulgar, offensive or inappropriate language including swearing and racial slurs.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program (drop-in activities including basketball and rock climbing are not facilitated).
- For your safety and as a courtesy to others, please do not enter a class or program more than 10 minutes after it has begun.
- Any physical altercation including pushing, shoving or any other action that could cause harm to another individual or the facility is prohibited.
- NOURISH is available to accommodate food and beverage needs. Please refrain from bringing outside food into ALIVE.
- Clean up after yourself and properly dispose of any trash or personal items before leaving.
- Proper attire including shirts that securely cover the chest, appropriate footwear and bottoms are required at all times outside of the locker rooms or designated areas.
- Sexual misconduct of any kind, including photos or sexual innuendos is prohibited.

Registration

Pre-registration and payment are required for all programming. Register early to ensure a spot – classes fill quickly.

Pricing is listed in class descriptions and reflects costs for one six-week session. Our weekly recurring offerings are listed on pages 12-16.

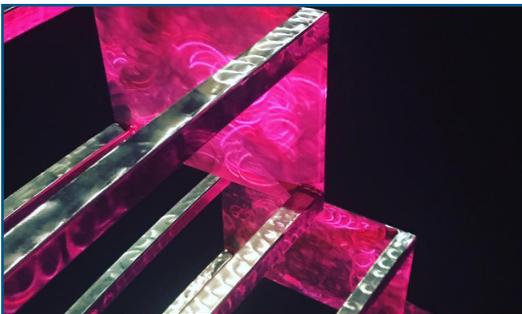
- **FREE WEEK: Dec. 4 – Dec. 10**
- **Session 1: Dec. 11 – Jan. 21**
- **Session 2: Jan. 22 – Mar. 4**

Three convenient registration methods:

- Log in to myalive.clubautomation.com
- Using the MyAlive mobile app
- Call (517) 541-5800, opt. 7, unless a different phone number is listed

Community LINK Benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 50% off studio fee at Your Creative Escape



INSPIRE at night

Refunds

To ensure quality instruction and adequate space, enrollment in most programs is limited. Registrations are no longer accepted once a class is filled. Classes may be combined or cancelled if the minimum enrollment is not reached.

Cancellations are allowed 48 hours prior to the start of a program to receive a refund. There are no refunds or rebates for classes missed due to illness, travel or other reasons.

Find us on social media for the latest updates on programs and events.



Register online at myalive.com or by using the **AL!VE** mobile app.



Search "myalive" with iPhone or search "my alive" with Android. Call 517.541.5800, opt. 7, to register or to create an account.

Table of Contents

Special Events	Page 9
Weekly Schedule	Page 12
Program Descriptions	
DO	Page 18
BREATHE	Page 28
EAT	Page 30
SUPPORT	Page 32
THINK	Page 34
GROW	Page 37
SEH Service Directory	Page 43



Kids in GROW

SPECIAL EVENTS

DECEMBER: SHARE

- Dec. 4 FREE Week Begins Pg. 6
- Dec. 5 Gift of Heart Pg. 32
GROW Christmas Performance Practices Begin Pg. 38
- Dec. 7 Healthy Holiday Desserts Pg. 31
- Dec. 8 Beginner Meditation Pg. 34
- Dec. 10 Grinchmas Pg. 37
- Dec. 11 Session I Begins Pg. 6
- Dec. 13 Kids' Table: Gift in a Jar Pg. 38
- Dec. 14 Tile Ornaments & Decor Pg. 36
- Dec. 16 Community Blood Drive Pg. 35
- Dec. 19 GROW Christmas Performance Pg. 38
- Dec. 20 Ornament Workshop Pg. 39
- Dec. 22 Diabetes Support Group Pg. 32



EXPLORE walking chips

JANUARY: RENEW

- Jan. 9 Gift of Heart Pg. 32
- Jan. 10 Sourdough Bread Making Pg. 31
- Jan. 12 Beginner Meditation Pg. 34
- Jan. 17 Kids' Table: Hot Cocoa Calm Pg. 38
- Jan. 21 Parents' Great Escape: Snowman Slam Pg. 40
- Jan. 22 Session 2 Begins Pg. 6
- Jan. 25 Immune Boosting Nutrition Pg. 30
- Jan. 26 Diabetes Support Group Pg. 32



Beginner Meditation

FEBRUARY: RHYTHM

- Feb. 1 Galentine Crafting Pg. 35
Mobility & Tissue Manipulation Pg. 36
- Feb. 3 Little Line Dancers Begins Pg. 39
- Feb. 6 Gift of Heart Pg. 32
Self-Love Workshop Pg. 36
- Feb. 7 Kids' Table: Heart-Shaped Personal Pizzas Pg. 38
- Feb. 9 Beginner Meditation Pg. 34
Interactive Heart Health Event Pg. 34
- Feb. 10 Fit to be in Love: A Couple's Workout Pg. 22
- Feb. 13 DIY Valentine's Day Gift Pg. 37
- Feb. 17 Date Night: Charcuterie Pg. 30
- Feb. 18 Parents' Great Escape: Games Galore Pg. 40
- Feb. 21 Community Blood Drive Pg. 35
- Feb. 23 Diabetes Support Group Pg. 32



PRESERVE

Weekly Schedule

Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–9:55 a.m.	Yoga Fusion (JD)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–11:45 a.m.	Barre None (DG)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5 p.m.–5:45 p.m.	Step & Sculpt (JD)
5:30 p.m.–6 p.m.	Little Movers
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–7:30 p.m.	Pickleball
6:05 p.m.–6:50 p.m.	Cardio Dance (MO)
6:30 p.m.–7:30 p.m.	CrossFit



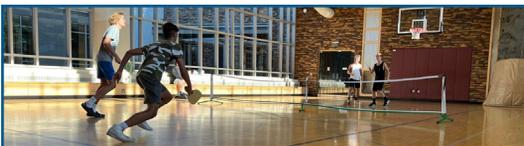
Little Movers

Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MMC)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (TG)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:20 a.m.–10:55 a.m.	Live Long, Live Strong (KE)
11 a.m.–11:45 a.m.	Circuit Training (CJ)
11:10 a.m.–11:55 a.m.	Boxing for Health (DL)
12 p.m.–2 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:15 p.m.	STRIDE
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–6 p.m.	Pickleball
4:45 p.m.–5:30 p.m.	STRONG (DG)
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:25 p.m.	PiYo (AP)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:40 p.m.	Yoga: Basic (JD)
7 p.m.–8:30 p.m.	Basketball: Drop-In

Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CD)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Step & Sculpt (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
11 a.m.– 12 p.m.	Line Dancing (JS)
12 p.m.–1:30 p.m.	Basketball: Drop-In
12:15 p.m.–12:45 p.m.	Group Cycling: Quick-Hit Spin (TG)
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5 p.m.–5:45 p.m.	Group Cycling: Spin & Sculpt (ED)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
6 p.m.–7:30 p.m.	Pickleball
6 p.m.–6:45 p.m.	Functional Fitness (DL)
6:30 p.m.–7:30 p.m.	CrossFit



Pickleball in SOAR

Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MMC)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:20 a.m.–10:55 a.m.	Live Long, Live Strong (KE)
11 a.m.–11:45 a.m.	Circuit Training (CJ)
12 p.m.–2 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–6 p.m.	Pickleball
4:45 p.m.–5:30 p.m.	STRONG (DG)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None (DG)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:15 p.m.	Group Meditation (JD)
6:45 p.m.–7:30 p.m.	Functional Fitness (ATa)
7 p.m.–8:30 p.m.	Basketball: Drop-In



Berries along EXPLORE (outdoor)

Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
9 a.m.–9:45 a.m.	Step & Sculpt (CJ)
9 a.m.–10 a.m.	CrossFit
9:50 a.m.–10:35 a.m.	Foam Roller (CJ)
11 a.m.–11:45 a.m.	Barre None (DG)
12 p.m.–1:30 p.m.	Basketball: Drop-In
12:15 p.m.–12:45 p.m.	Group Cycling: Quick-Hit Spin (TG)
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit

NOTE: Children ages 9-12 years old are eligible for the Little Lifters program developed for those who are too young to be MOVE members but who feel too old to be in GROW.

Once orientation is complete, the Little Lifter is permitted to exercise in MOVE or participate in group exercise classes under parental supervision.

Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8:05 a.m.–8:55 a.m.	PiYo (AP)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic (JD)
11:10 a.m.–11:55 a.m.	Buns & Guns (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing

Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp (DL)
1 p.m.–3 p.m.	Basketball: Drop-In

Instructors

AP = Alicia P.	ED = Ellen D.
AT = Amanda T.	JD = Jennifer D.
ATa = Angela T.	JS = Jennifer S.
CD = Carrie D.	KE = Kim E.
CJ = Cheryl J.	MO = Mindy O.
CC = Christina C.	MMc = Morene M.
DG = Danielle G.	TG = Taylor G.
DL = Darius L.	



GROW treehouse

DO

NOTE: *Signing up for a 6-week session is good for the daytime of the offering selected. For example paying for 6-weeks of 9:05am Tuesday Buns & Guns is good only for that day of the week/time and not interchangeable with another day of the week/time of that class.*

Skill Levels: **B** = Beginner
I = Intermediate
A = Advanced

Basketball: Drop-In



Access to full basketball court to organize a pick-up game. Payment for drop-in may be made in MOVE. Ages 13+.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Tues.	3 p.m. – 4:30 p.m. 7 p.m. – 8:30 p.m.
Wed.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 p.m. 7 p.m. – 8:30 p.m.
Fri.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Sun.	1 p.m. – 3 p.m.



Basketball: Drop-In in SOAR

Basketball: Open Shoot

Court is divided up for shooting *only* and individual skill development. No pick-up games. Ages 6 and up.

Cost: FREE
MOVE Member: FREE

Sat. 12 p.m. – 1 p.m.

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises are incorporated for muscle strength, flexibility, balance and agility. Explore Barre training without a bar.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	11 a.m. – 11:45 a.m.
Thurs.	5:45 p.m. – 6:30 p.m.
Fri.	11 a.m. – 11:45 a.m.

Bootcamp (I, A)

Compound military-style exercises geared toward building strength, power and speed.

Cost: \$30/six-week session
MOVE Member: FREE

Sun. 9:30 a.m. – 10:15 a.m.



Barre None in ENERGIZE

Boxing for Health (B, I)

Utilize specific boxing techniques and exercises designed to combat symptoms for individuals battling Parkinson's and other neurological conditions. New participants will receive an initial orientation prior to beginning the class. Call MOVE at 517.543.9575 to schedule your orientation.

Cost: \$45/six-week session
MOVE Member: \$18/six-week session

Tues.	11:10 a.m. – 11:55 a.m.
-------	-------------------------

Buns & Guns (B, I)

Focus on strengthening and toning your arms, glutes and core in this sculpting-oriented class.

Cost: \$30/six-week session
MOVE Member: FREE

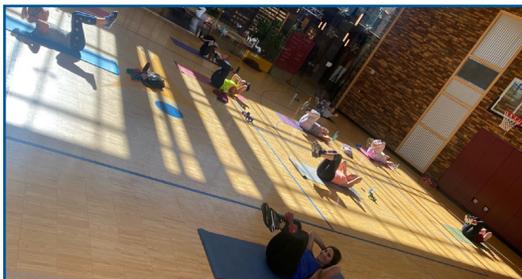
Tues.	9:05 a.m. – 9:50 a.m.
Thurs.	9:05 a.m. – 9:50 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

Cardio Dance (B, I)

Dance to music with a Latin flare and today's hits in this high-energy fitness class.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	6:05 p.m. – 6:50 p.m.
------	-----------------------



Buns & Guns in SOAR

Circuit Training (B, I)

Make interval training more effective using weight machines and body weight based movements to improve stability, strength and balance. Class may be done in standing or seated position, and ends with mobility and stretching.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	11 a.m. – 11:45 a.m.
Thurs.	11 a.m. – 11:45 a.m.

CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored to all fitness levels.

CrossFit upgrade (single): \$59/month
CrossFit upgrade (couple): \$99/month
Drop-in (must alert instructor): \$15/class

Mon. – Fri.	5:30 a.m.–6:30 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.*
Sat.	9 a.m. – 10 a.m.

*No 6:30 p.m. class on Fridays.



CrossFit in SPARK

Fit to be in Love: A Couple's Workout (B, I, A)

Instructor: Danielle Gillentine

Bring your partner and put your relationship to the test, in this Valentine's Day inspired, couples workout.

Cost: \$20/couple
MOVE Member: \$10/couple

Fri., Feb. 10 5:30 p.m. – 6:15 p.m.

Foam Roller (B, I)



Strengthen and stretch muscles to increase flexibility, decrease muscle tension, improve performance and prevent injury using a foam roller. Bringing your own foam roller is encouraged.

Cost: \$30/six-week session
MOVE Member: FREE

Fri. 9:50 a.m. – 10:35 a.m.

Fun Fitness (B)



Staying fit doesn't have to be an uphill battle. Improve your cardiovascular endurance, strength, balance and flexibility. Ideal for those just beginning exercise.

Cost: \$30/six-week session
MOVE Member: FREE

Mon. 9 a.m. – 9:45 a.m.

Wed. 9 a.m. – 9:45 a.m.



Fit to be in Love: A Couple's Workout

Functional Fitness (B, I, A)



Whether you're new to exercise or a seasoned athlete, this class will cover the basics of strength & conditioning with a focus on form and function. Each class will target major muscle groups and increase aerobic capacity. Low impact, high energy!

Cost: \$30/six-week session
MOVE Member: FREE

Wed. 6 p.m. – 6:45 p.m.

Thurs. 6:45 p.m. – 7:30 p.m.

Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class
MOVE Member: FREE

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

Group Cycling: Spin & Sculpt (B, I, A)

Group cycling with intervals of weight, resistance and body-weight exercises to complement cardio endurance. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class
MOVE Member: FREE

Tues. 8 a.m. – 8:45 a.m.

Wed. 5 p.m. – 5:45 p.m.

Thurs. 8 a.m. – 8:45 a.m.

Group Cycling: Quick-Hit Spin (B, I, A)

This instructor led ride offers you a quick, mid-day push, perfect for your lunch hour. A great, low-impact cardio class for all fitness levels. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class
MOVE Member: FREE

Wed. 12:15 p.m. – 12:45 p.m.
Fri. 12:15 p.m. – 12:45 p.m.

Indoor Walking

Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path.

Cost: FREE

Mon. – Fri. 5:30 a.m. – 9 p.m.
Sat. 7 a.m. – 3 p.m.
Sun. 9 a.m. – 3 p.m.

Interval Training (B, I, A)

Join this fun yet challenging workout that can be tailored to any fitness level which demonstrates the effectiveness and agility of interval-based workouts using a kettlebell & more. Take your strength, endurance and flexibility to the next level.

Cost: \$30/six-week session
MOVE Member: FREE

Mon. 8 a.m. – 8:45 a.m.
Wed. 8 a.m. – 8:45 a.m.
Fri. 8 a.m. – 8:45 a.m.

Line Dancing (B, I)



Learn popular line dances put to some of your favorite tunes, all while breaking a sweat. No prior experience necessary.

Cost: \$30/six-week session
MOVE Member: FREE

Wed. 11 a.m. – 12 p.m.

Live Long, Live Strong (B, I)



Helps seniors create exercise programs to address challenges that naturally occur as they age. Includes movement strategies to improve balance.

Cost: \$30/six-week session
MOVE Member: FREE

Tues. 10:20 a.m. – 10:55 a.m.
Thurs. 10:20 a.m. – 10:55 a.m.

Outdoor Walking

Bring a friend and walk along EXPLORE, outdoors. Open dawn until dusk. Includes 1/5-mile outdoor walking trail in PRESERVE.

Cost: FREE



Line Dancing in ENERGIZE

Pickleball (B)

Challenge a friend to this fun game that appeals to all ages. Access to the full pickleball court to organize a game. Rules and instructions available. Payment for drop-in may be made in MOVE.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	10:30 a.m. – 12 p.m. 1:30 p.m. – 3 p.m. 6 p.m. – 7:30 p.m.
Tues.	12 p.m. – 2 p.m. 4:30 p.m. – 6 p.m.
Wed.	10:30 a.m. – 12 p.m. 1:30 p.m. – 3 p.m. 6 p.m. – 7:30 p.m.
Thurs.	12 p.m. – 2 p.m. 4:30 p.m. – 6 p.m.
Fri.	1:30 p.m. – 3 p.m.

Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome, minimum weight requirement of 45 pounds; review of waiver and sign-in required each time.

Cost: FREE

Sat.	12 p.m. – 1 p.m.
------	------------------



ASCEND

Sculpt & Stability (B, I, A)

Join this low cardio, challenging workout that will improve balance and stability, muscle endurance, joint mobility and flexibility.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	9 a.m. – 9:45 a.m.
------	--------------------

Step & Sculpt (B, I, A)

Improve cardiovascular endurance by engaging in full-body sculpting through this interval-based step workout.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	5 p.m. – 5:45 p.m.
Wed.	9 a.m. – 9:45 a.m.
Fri.	9 a.m. – 9:45 a.m.

STRONG (B, I, A)

A HIIT workout with a twist. This workout sync's cardio and strength moves to the beat of the music. Optimize your workout and make every minute count as you push beyond your limits. Feel the force, the energy and get fit!

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	4:45 p.m. – 5:30 p.m.
Thurs.	4:45 p.m. – 5:30 p.m.

Zumba (B, I)

A fusion of Latin and international music with dance creates a dynamic fitness system.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	10 a.m.–10:50 a.m.
Thurs.	10 a.m.–10:50 a.m.

BREATHE

Deep Stretch (B, I)



Flexibility is a key element to creating a strong, healthy body and loosening muscle groups. Participants are encouraged to warm up muscles before class.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	10 a.m. – 10:30 a.m.
Wed.	10 a.m. – 10:30 a.m.

Group Meditation (B)



End your day with a 30-minute mediation. This class will help guide you in letting go of day-to-day stresses, and connect with yourself on a deeper level. No experience necessary.

Cost: \$30/six-week session
MOVE Member: FREE

Thurs.	6:45 p.m. – 7:15 p.m.
--------	-----------------------

PiYo (I, A)



A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to upbeat music. PiYo improves strength, balance, and flexibility. It is driven by music, movement, and motivation.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	5:35 p.m. – 6:25 p.m.
Sat.	8:05 a.m. – 8:55 a.m.

Yoga: Basic (B)



Improve balance, strength and flexibility. Learn gentle poses focusing on relaxation, healing and realigning the body.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	9 a.m. – 9:55 a.m. 6:45 p.m. – 7:40 p.m.
Thurs.	9 a.m. – 9:55 a.m.
Sat.	10 a.m. – 10:55 a.m.

Yoga: Fusion (I, A)

In a small-group setting, use sun salutations and breath-linked movement to transition from one pose to the next, seamlessly. A physically challenging class that allows students to flow and focus on their breath while detoxifying the body, mind and spirit. *This offering will be held outdoors, seasonally.*

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	9 a.m. – 9:55 a.m.
------	--------------------



Yoga: Basic in ENERGIZE

EAT

Date Night: Charcuterie

Instructor: Adrienne Bunce

Customize your own charcuterie with all of your favorite noshes. Grab a spouse, best friend or family member to enjoy the elements of finger foods, savory and sweet, kicked up a notch. Learn the art of placement, presentation and blending with a variety of textures, flavors and food groups that will be available to use. Dessert and soft beverages included.

Cost: \$30/couple

Fri., Feb. 17 6 p.m. – 8 p.m.

Immune Boosting Nutrition

Instructor: Deb Dillon, MS, RDN

Learn the powerful health benefits of nutrient dense, high-antioxidant foods while revealing how versatile and satisfying these ingredients can be within delicious and easy recipes.

Cost: \$20

Wed., Jan. 25 12:30 p.m. – 1:30 p.m.



Date Night: Charcuterie

Healthy Holiday Desserts

Instructor: Hayley Walker, MS, RDN

Learn to make healthy holiday desserts that will hit your sweet tooth and be perfect for your upcoming holiday parties. You will get to taste and bring the recipes home with you.

Cost: \$20

Wed., Dec. 7 2 p.m. – 3 p.m.

Preventative Nutrition

Instructor: Deb Dillon, MS, RDN

Learn about nutrition that supports high cholesterol, high blood pressure and diabetes with a focus on label reading and carb counting. Taste and enjoy flavor-filled, yet healthy dishes.

Cost: \$20

Wed., Jan. 25 12:30 p.m. – 1:30 p.m.

Sourdough Bread Making

Instructor: Adrienne Bunce

Come bake and sample the results, while learning about the health benefits of sourdough. A sourdough starter will be used to make artisan bread, waffles, and crunchy crackers. Class includes sourdough starter and recipes to take home, nurture, and create your own baked goods.

Cost: \$25

Tues., Jan. 10 6 p.m. – 8 p.m.



Sourdough Bread Making

SUPPORT

Diabetes Support Group

Facilitator: Deb Dillon, MS, RDN

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating. *For more information about this monthly offering, contact deborah.dillon@sparrow.org.*

Cost: FREE

Thurs., Dec. 22	1 p.m. – 2 p.m.
Thurs., Jan. 26	1 p.m. – 2 p.m.
Thurs., Feb. 23	1 p.m. – 2 p.m.

Gift of Heart

Facilitator: Amy Nierenberger

A support group for foster, adoption and kinship families in Eaton County and the surrounding areas. Free childcare provided. Please contact Amy Nierenberger at 517.749.4136 for more information.

Cost: FREE

Mon., Dec. 5	6 p.m. – 8 p.m.
Mon., Jan. 9	6 p.m. – 8 p.m.
Mon., Feb. 6	6 p.m. – 8 p.m.



Diabetes Support Group

STRIDE

Facilitator: Angela Tate, MS

STRIDE is a weekly support group for those who have completed ALIVE's Weigh Beyond foundation program.* Each week will focus on relevant topics with continued support from a Weigh Beyond coach. Please contact angela.tate@sparrow.org for more information.

Cost: \$55/month (includes MOVE membership)*

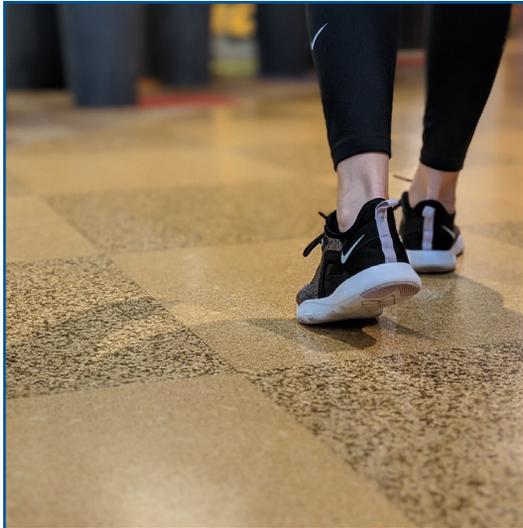
Tues.	4:30 p.m. – 5:15 p.m.
-------	-----------------------

TOPS: Take Off Pounds Sensibly

Leader: Rebecca Malerba

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. *Visit tops.org for pricing information or call 517.410.0482.*

Wed.	5:30 p.m. – 7:15 p.m.
------	-----------------------



EXPLORE (indoors)

THINK

PRESENTATIONS

Learn something new as you listen to presenters speak on a variety of valuable and interesting topics.

Interactive Heart Health Event

Join us for lunch at our FREE, annual, interactive heart health event. Our panel of professionals will speak on various cardiology topics such as exercise, nutrition and healthy heart goals. **Free blood pressure checks available from 11:30a.m.-12 p.m. to those registered for the event.**

Cost: FREE

Thurs., Feb. 9 11:30 a.m. – 1 p.m.

WORKSHOPS

Participate and engage in interactive programs aimed at educating, creating and inspiring.

Beginner Meditation

Instructor: Jennifer Davis

Feeling the need to be a bit more present? Wanting to become the calm within the chaos? Help center yourself and cultivate calm through this meditation workshop.

Cost: FREE

Thurs., Dec. 8 12:15 p.m. – 12:45 p.m.

Thurs., Jan. 12 12:15 p.m. – 12:45 p.m.

Thurs., Feb. 9 12:15 p.m. – 12:45 p.m.

Community Blood Drive

Facilitator: Red Cross Volunteers

Blood donation is vital to keeping our community safe. **Sign-up in advance as a donor at redcrossblood.org (use code **Alive** in the “make your appointment” field) or call **1.800.RED.CROSS (1.800.733.2767)** to request a reservation. Two timeslots available every 15 minutes during drive.**

Cost: FREE

Fri., Dec. 16 11:30 a.m. – 5 p.m.

Tues., Feb. 21 11:30 a.m. – 5 p.m.

Galentine Crafting

Instructors: Ellen Dreps & Kori Johns

Celebrate Valentine’s day early with a girls night! Craft your way through the evening by creating three love-themed, home decor items. Sip on a delectable coffee and cocoa bar while you create custom items with your gal pals.

Cost: \$30

Wed., Feb. 1 6 p.m. – 8 p.m.

Injury Clinic

Instructor: ALIVE Clinical Caregivers

If you are experiencing a nagging injury like sore feet, knees or back, join us for a free consult with a health professional (such as a physical therapist) to discuss the problem. **Appointment required; call [517.541.5886](tel:517.541.5886) and schedule at a time that is convenient for you, in accordance with therapist availability.**

Cost: FREE

Mon. - Thurs. 6:30 a.m. – 6:30 p.m.

Fri. 6:30 a.m. – 5:30 p.m.

Mobility & Tissue Manipulation

Instructor: Angela Tate

Got tension? Release stiff shoulders, fix a rounded neck and improve poor posture using muscle manipulation techniques and exercises. Take home one of our tools, a lacrosse ball, as a gift to help your mobility and tension long term.

Cost: \$5

Wed., Feb. 1 10 a.m. – 10:45 a.m.

Wed., Feb. 1 6 p.m. – 6:45 p.m.

Self-Love Workshop

Instructor: Kathryn Carey

Join in learning about self-love, its importance and how we can improve ours every day. This workshop will walk you through various activities to help improve your relationship with yourself and implement regular habits.

Cost: FREE

Mon., Feb. 6 6 p.m. – 7 p.m.

Tile Ornaments & Decor

Instructor: Carly Secord

Create a trio of hand crafted ornaments and a mini sign using tiles and a heat press. Designs will be pre-printed using a Cricut, then utilized to create take-home ornaments to cherish. **Class is limited to 14 participants.**

Cost: \$30

Wed., Dec. 14 6 p.m. – 8 p.m.



Tile Ornaments & Decor

GROW

DIY Valentine's Day Gift

Instructor: GROW caregivers

Kids ages 5-12 participate in this hands on workshop to create a gift their Valentine is sure to love. All supplies provided.

Cost: \$10/child

GROW Member: \$5/child

Mon., Feb. 13 3:45 p.m. – 4:30 p.m.

Grinchmas

Experience the magic of WhoVille in this interactive offering that features both the Grinch and Santa Claus. The excitement will include Grinchmas bingo, party punch, cookies, a holiday hayride and the ultimate finale Santa. A mini photo session will be provided courtesy of MAD Five O Photography. Each session includes 3-5 edited images featuring your family with Santa. (images will be emailed within one to three days following the event). **Reserve your Whoville experience timeslot by calling 517.541.5803. Limited space available.**

Cost: \$50/family

GROW Member: \$40/family

Sat., Dec. 10 1 p.m. – 3:30 p.m.



Grinchmas

GROW Christmas Performance

Instructor: GROW caregivers

Children in GROW will learn songs, dances and jokes to share at their **performance on December 19th**. Parents, grandparents, aunts, uncles and all other family and friends can join us as GROW performs. **Flowers available for purchase.**

Cost: FREE

Practices:

Dec. 5, 12, 19 Mon. 5 pm – 5:30 pm

Performance:

Mon., Dec. 19 5:30 p.m.
(immediately following finale practice)

Kids' Table

Instructor: Adrienne Bunce

Kids ages 5-12 learn valuable culinary skills and new recipes with a hands-on cooking experience. Our goal is to expand young taste buds to discover that “real food” can be delicious and fun to prepare.

Dec. 13: Gift in a Jar

Jan. 17: Hot Cocoa Calm

Feb. 7: Heart-Shaped Personal Pizzas

Cost: \$12/child per class

Tues. 6 p.m. – 6:30 p.m.



Kids' Table in RELISH

Little Line Dancers

Instructor: Kym Kletke

Kids ages 5-12 participate in this facilitated offering that will teach your child(ren) to boot scoot and boogie to their favorite tunes.

Cost: \$10/child

Feb. 3, 10 Fri. 5 p.m. – 6 p.m.

Little Movers

Instructor: Mindy Otto

Kids ages 5-12 participate in a variety of FUN group fitness workouts. This class will help your child(ren) improve their strength, coordination, endurance, and flexibility. This class was created to develop a foundation for a life full of health and well-being.

Cost: \$5/child

GROW Member: FREE

Mon. 5:30 p.m. – 6 p.m.

Ornament Workshop

Instructor: GROW caregivers

Kids ages 5-12 participate in this hands on workshop to create a festive ornament to call their own or gift. All supplies provided.

Cost: \$10/child

GROW Member: \$5/child

Tues., Dec. 20 3:45 p.m. – 4:30 p.m.



Little Movers in ENERGIZE

Parents' Great Escape

Facilitators: **GROW** caregivers

Parents, drop the kids off for some fun at ALIVE while you take the evening to relax or go out. Supervised activities include themed crafts/snacks, singing songs, group games, group stories and more. Dinner provided. Ages 3-12 (young children must be fully potty-trained). Pre-registration is required by the Wednesday prior to the event; call 517.541.5803.

Jan. 21: Snowman Slam

Feb. 18: Games Galore

Cost: **\$25 first child**
\$20 per add'l child (same household)

GROW Member:
\$20 first child
\$15 per add'l child (same household)
Sat. 5 p.m. – 9:30 p.m.



Parents' Great Escape



GROW is a recreational and enrichment area for children ages 3 months to 12 years*.

COST:

- \$5 per child per visit
- \$4 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$19 per month
- Each additional child - \$11 per month

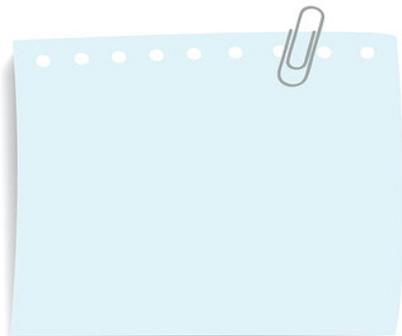
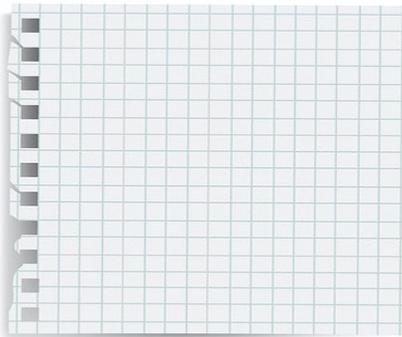
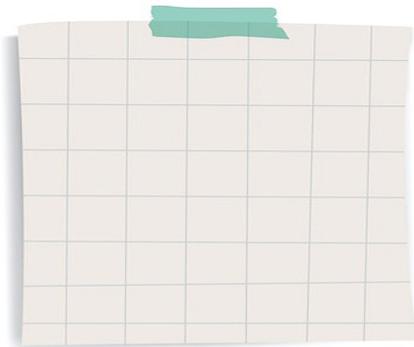
Current hours listed on page 2.

Call (517) 541-5803 to speak with GROW caregivers.



**Children ages 3 months to 24 months require reservations.*

Notes

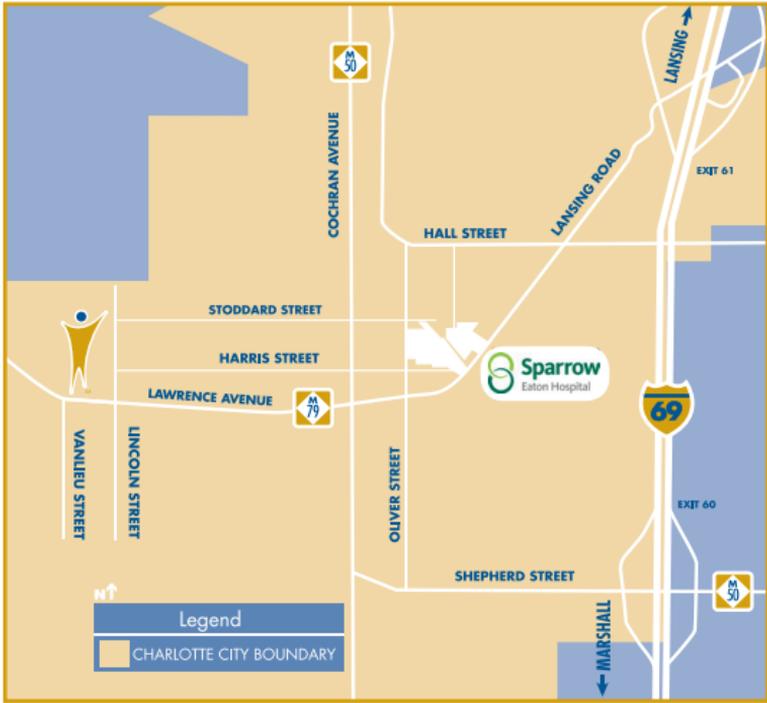


Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543.1050
Ambulance Services	911 or 541.5912
Anticoagulation Clinic	541.5861
Breast Care Center	541.5948
Cardio/Pulmonary Rehab	541.5813
COVID Testing Info	541.5817
Diabetes Program	543.1050, ext. 52390
Emergency Department	911 or 543.9508
Endoscopy Station	543.5901
Food and Nutrition	541.5909
Heart Station	541.5840
Human Resources	543.9502
Infusion	541.5955
Laboratory	543.9505
Medical Records	543.1050, ext. 52619
Medical and Surgical Unit	543.1050, ext. 52605
Patient Financial Services	543.1050, ext. 52740
Respiratory Services	541.5948
Sleep Station	541.5845
Surgery	543.1050, ext. 52415
Urgent Care	541.5935

For more information about SEH services,
visit Sparrow.org/Eaton.





800 W. Lawrence Ave.
Charlotte, MI 48813
myalive.com

Main 517.541.5800
Fax 517.541.5810