



SPRING 2023 PROGRAM GUIDE



March 5 - June 3, 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 page 42.

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

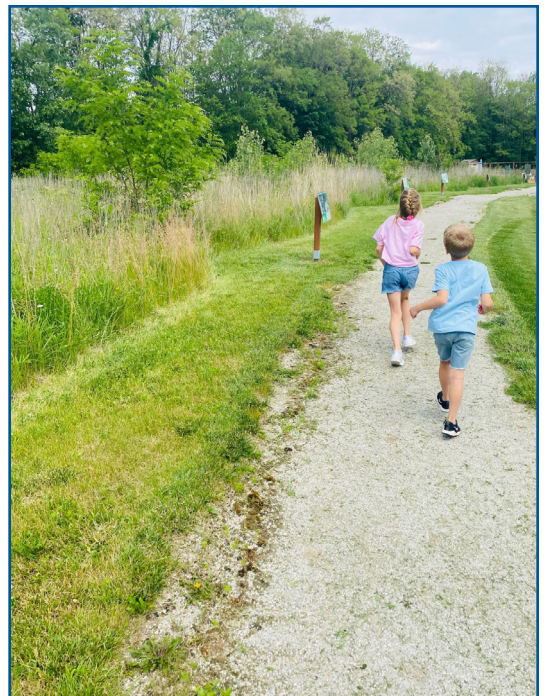
ALIVE will be closed in observance of Easter (Sun., April 9) and Memorial Day (Mon., May 29).



CREATE

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



StoryWalk along EXPLORE (outdoor)

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 12-17.

- **FREE WEEK: March 5 – March 11**
- **Session 1: March 12 – April 22**
- **Session 2: April 23 – June 3**

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
- 10% off any general service (new clients only) at Bullseye Pest Defense



HARVEST community garden

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 29
EAT	Page 31
SUPPORT	Page 33
THINK	Page 35
GROW	Page 39
SEH Service Directory	Page 43



ALIVE

SPECIAL EVENTS

MARCH: ABSORB

- Mar. 5 FREE Week Begins Pg. 6
- Mar. 6 Gift of Heart Pg. 33
- Mar. 9 Beginner Meditation Pg. 36
- Mar. 12 Session 1 Begins Pg. 6
- Mar. 14 Weigh Beyond Info Session Pg. 38
- Mar. 15 Weigh Beyond Info Session Pg. 38
- Mar. 18 Parents' Great Escape:
Pajama Party Pg. 41
- Mar. 20 Weigh Beyond Info Session Pg. 38
- Mar. 21 Kids' Table: Green Eggs & Ham Pg. 39
- Mar. 22 Easter String Art Pg. 37
- Healthy Lunch Prep Pg. 31
- Weigh Beyond Info Session Pg. 38
- Mar. 23 Beginner Meditation Pg. 36
- Diabetes Support Group Pg. 33
- Hiking the Appalachian Trail Pg. 35
- Mar. 28 Instant Pot: Freezer to Table Pg. 31



PRESERVE

APRIL: AFFIRM

- Apr. 1 Parents' Great Escape:
Easter Eggstravaganza Pg. 41
- Apr. 3 Gift of Heart Pg. 33
- Apr. 5 Good Form Walking & Running
Clinic Pg. 37
- Apr. 6 Beginner Meditation Pg. 36
- Apr. 7 Ballroom Basics Begins Pg. 18
- Apr. 14 Little Line Dancers Begins Pg. 39
- Apr. 17 DIY Macrame Basket Pg. 37
- Apr. 18 Sourdough Bread Making Pg. 32
- Apr. 20 Beginner Meditation Pg. 36
- Apr. 23 Session 2 Begins Pg. 6
- Apr. 25 Kids' Table: Fruit Rainbow Pg. 39
- Apr. 27 Diabetes Support Group Pg. 33



CrossFit in SPARK

MAY: ENHANCE

- May 1 Gift of Heart Pg. 33
- May 2 Pickling Workshop Pg. 32
- May 4 Beginner Meditation Pg. 36
- May 5 Date Night: Ravioli Making Pg. 31
- May 9 Community Blood Drive Pg. 36
- May 10 Activities of Daily Living Pg. 35
Mom & Me Yoga Pg. 40
- May 12 Tough As a Mother Workout Pg. 28
- May 13 Mother's Day Tea Pg. 40
- May 16 Kids' Table: Butterfly Garden Cake Pg. 39
- May 18 Beginner Meditation Pg. 36
- May 24 Spiralizing Workshop Pg. 32
- May 25 Diabetes Support Group Pg. 33



Sushi from NOURISH

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 a.m.–10:45 a.m.	Cardio Drumming (ED)
10:30 a.m.–12 p.m.	Pickleball: Drop-In
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: Drop-In
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
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)
5:15 p.m.–5:45 p.m.	Little Movers
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–6:45 p.m.	Cardio Drumming (MO)
6 p.m.–8:45 p.m.	Pickleball: Adult Drop-In
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–7:45 p.m.	Functional Fitness (DL)

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: Drop-In
12:15 p.m.–12:45 p.m.	H.I.I.T. (DL)
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
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: Drop-In
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 p.m.–7 p.m.	Basketball: Drop-In
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	Yoga: Basic (JD)
7 p.m.–8:45 p.m.	Basketball: Adult 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 (CJ)
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: Drop-In
11 a.m.–12 p.m.	Line Dancing (JS)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball: Drop-In
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
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.–6:45 p.m.	Functional Fitness (ATa)
6 p.m.–8:45 p.m.	Pickleball: Adult Drop-In
6:30 p.m.–7:30 p.m.	CrossFit



Foam Roller in ENERGIZE

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: Drop-In
12:15 p.m.–12:45 p.m.	H.I.I.T. (TG)
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
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: Drop-In
4:45 p.m.–5:30 p.m.	STRONG (DG)
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:20 p.m.	Barre None (DG)
6 p.m.–7 p.m.	Basketball: Drop-In
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	Line Dancing (JS)
6:30 p.m.–7 p.m.	Deep Stretch (JD)
7 p.m.–8:45 p.m.	Basketball: Adult Drop-In

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 p.m.	Line Dancing (JS)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball: Drop-In
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
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
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
10 a.m.–10:50 a.m.	Zumba (DG)
10 a.m.–12 p.m.	Basketball: Drop-In
10 a.m.–12 p.m.	CrossFit (Open Gym)
11 a.m.–11:45 a.m.	Buns & Guns (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2:45 p.m.	Pickleball: Drop-In

Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–12 p.m.	CrossFit (Open Gym)
9 a.m.–3 p.m.	Indoor Walking
1 p.m.–1:45 p.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.
CJ = Cheryl J.	KE = Kim E.
CC = Christina C.	MO = Mindy O.
DG = Danielle G.	MMc = Morene M.
DL = Darius L.	TG = Taylor G.

DO

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

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

Ballroom Basics

Instructor: Angela Tate

Explore the basic holds and patterns of ballroom dancing. A fun class that will help you and your partner feel more comfortable on the dance floor. Costs are per couple. Childcare available. Pre-Registration required; call (517) 541-5800 opt. 1.

Cost: \$100/couple
MOVE Member: \$80/couple

Apr. 7, 14, 21, 28

Fri. 5:30 p.m. – 6:30 p.m.

Basketball: Adult Drop-In

Access to full basketball court to organize a pick-up game. Payment for drop-in may be made in MOVE. Ages 18+.

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

Tues. 7 p.m. – 8:45 p.m.
Thurs. 7 p.m. – 8:45 p.m.



Ballroom Basics

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.
6 p.m. – 7 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.
6 p.m. – 7 p.m.
Fri. 12 p.m. – 1:30 p.m.
3 p.m. – 4:30 p.m.
Sat. 10 a.m. – 12 p.m.
Sun. 1 p.m. – 3 p.m.

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. 5:35 p.m. – 6:20 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. 1 p.m. – 1:45 p.m.



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 a.m. – 11:45 a.m.



Cardio Drumming (B, I)

Fuse cardio interval training with drumming to provide a challenging, heart-pounding workout.

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 10 a.m. – 10:45 a.m.
6 p.m. – 6:45 p.m.



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.

2:30 p.m. – 4:30 p.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.

10 a.m. – 12 p.m.*

Sun. 9 a.m. – 12 p.m.*

* Members-only time, open gym.

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



CrossFit in SPARK

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.

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!

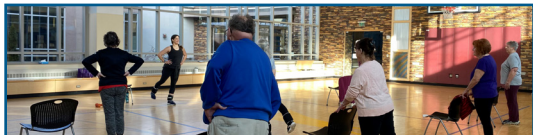


Cost: \$30/six-week session

MOVE Member: FREE

Mon. 7 p.m. – 7:45 p.m.

Wed. 6 p.m. – 6:45 p.m.



Fun Fitness in SOAR

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.

H.I.I.T. (B, I, A)



Perform a variety of H.I.I.T.-filled movements ranging from plyometrics to kickboxing in this workout for a quick, lunch-time burn.

Cost: \$5/class

MOVE Member: FREE

Tues. 12:15 p.m. – 12:45 p.m.

Thurs. 12:15 p.m. – 12:45 p.m.



H.I.I.T. in ENERGIZE

Indoor Walking

Feel alive while walking along EXPLORE, indoors. Nine laps equal one mile on the indoor walking path. Stroller-friendly.

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.
Thurs.	6:30 p.m. – 7:30 p.m.
Fri.	12 p.m. – 1 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

Pickleball: Adult Drop-In (B)

Access the full pickleball court to organize a game. Rules and instructions available. Payment for drop-in may be made in MOVE. Ages 18+.

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

Mon.	6 p.m. – 8:45 p.m.
Wed.	6 p.m. – 8:45 p.m.



Pickleball: Adult Drop-In in SOAR

Pickleball: Drop-In (B)

Access the full pickleball court to organize a game. Rules and instructions available. Payment for drop-in may be made in MOVE. Ages 13+.



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

Mon.	10:30 a.m. – 12 p.m. 1:30 p.m. – 3 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.
Thurs.	12 p.m. – 2 p.m. 4:30 p.m. – 6 p.m.
Fri.	1:30 p.m. – 3 p.m.
Sat.	1 p.m. – 2:45 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.
------	------------------



Rock Climbing in SOAR

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 in 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.



STRONG in ENERGIZE

Tough As a Mother Workout

Instructor: Danielle Gillentine

Grab your mom (or mother figure) and celebrate her with this fun-filled workout for two that will have you laughing and sweating together.

Cost: \$10/person
MOVE Member: \$5/person

Fri., May 12 5:30 p.m. – 6:15 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.
Sat.	10 a.m.–10:50 a.m.



Zumba

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.
Thurs.	6:30 p.m. – 7 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.



PiYo in ENERGIZE

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. 6:30 p.m. – 7:30 p.m.
Thurs.	9 a.m. – 9:55 a.m.
Sat.	9 a.m. – 9:55 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: Ravioli Making

Instructor: Adrienne Bunce

Grab a spouse, best friend or family member to enjoy the creation of pasta, made fresh. Learn to make egg pasta dough, turn it into noodles, as well as how to make and fill ravioli with a variety of stuffing ingredients. Dessert and soft beverages included.

Cost: \$40/couple

Fri., May. 5	6 p.m. – 8 p.m.
--------------	-----------------

Healthy Lunch Prep

Instructor: Deb Dillon, MS, RDN

Discover healthy recipes that translate to nutrient-dense, tasty lunch options. Learn tips to prep in advance and take lunch on-the-go, in this lunch hour demo. Take home recipes and samples in meal prep containers.

Cost: \$20

Wed., Mar. 22	12 p.m. – 1 p.m.
---------------	------------------

Instant Pot: Freezer to Table

Instructor: Adrienne Bunce

Alleviate your fears of utilizing your Instant Pot for frozen foods or pre-made meals. Talk techniques, enjoy hearty samples and take home a cookbook of recipes prepared in the class.

Cost: \$30

Tues., Mar. 28	6 p.m. – 8 p.m.
----------------	-----------------



Instant Pot: Freezer to Table

Pickling Workshop

Instructor: Hayley Walker, RDN

Learn how to pickle a variety of fresh vegetables in this hands-on workshop. Walk away with lots of ideas for how to pickle your garden vegetable harvest this summer.

Cost: \$20

Tues., May 2 6 p.m. – 7 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 to take home and recipes to create your own baked goods.

Cost: \$25

Tues., Apr. 18 10 a.m. – 12 p.m.

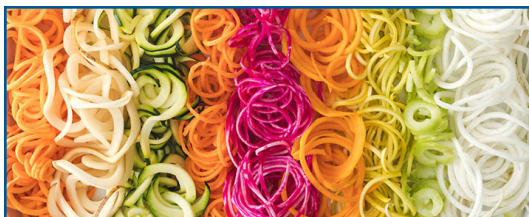
Spiralizing Workshop

Instructor: Hayley Walker, RDN

Learn techniques and some recipes to utilize spiralizing vegetables to increase your vegetable intake. Includes recipes to taste and take home with you.

Cost: \$20

Wed., May 24 12 p.m. – 1 p.m.



Spiralizing Workshop

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., March 23 1 p.m. – 2 p.m.

Thurs., April 27 1 p.m. – 2 p.m.

Thurs., May 25 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., March 6 6 p.m. – 8 p.m.

Mon., April 3 6 p.m. – 8 p.m.

Mon., May 1 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.



STRIDE on EXPLORE

THINK

PRESENTATIONS

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

Activities of Daily Living

Presenter: Loral Wolery, OTR/L

This presentation discusses what functional fitness is and why it is beneficial. Hear one of our highly skilled caregivers discuss specific exercises that can be done on a daily basis to promote and maintain independence in Activities of Daily Living (ADLs) and ease in participation of ADLs. Complimentary coffee and refreshments provided for those who register by Tues., May 9.

Cost: FREE

Wed., May 10 10 a.m. – 11 a.m.

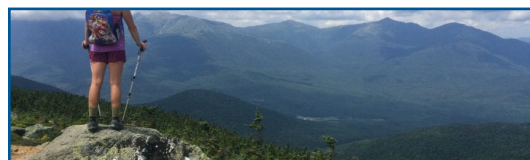
Hiking the Appalachian Trail

Presenter: Wally Miars

Come learn what it takes to hike the Appalachian Trail and the tradition of thru-hikes. Listen to stories from a local hiking enthusiast who has completed this challenging yet rewarding trek. Ask questions and hear firsthand how this bucket-list adventure is both attainable and life-changing.

Cost: FREE

Thurs., March 23 6 p.m. – 7:30 p.m.



Hiking the Appalachian Trail

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., Mar. 9 12:15 p.m. – 12:45 p.m.
Thurs., Mar. 23 12:15 p.m. – 12:45 p.m.
Thurs., Apr. 6 12:15 p.m. – 12:45 p.m.
Thurs., Apr. 20 12:15 p.m. – 12:45 p.m.
Thurs., May 4 12:15 p.m. – 12:45 p.m.
Thurs., May 18 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

Tues., May 9 11:30 a.m. – 5 p.m.



Beginner Meditation in DIRECT

DIY Macrame Basket

Instructors: Carrie Mason & Emily VanDorpe

Learn how to begin a macrame basket, including an overview of necessary materials (all provided to you). Employ macrame knot techniques to create a design, texture and pattern within your own, handmade piece. This class is intended for beginners in a step-by-step tutorial style setting.

Cost: \$30/person

Mon., Apr. 17 6 p.m. – 8 p.m.

Easter String Art

Instructor: Carly Secord

Craft some original art using string and nails to create a simple yet charming, Easter-themed piece. Two designs available to choose from. Take your creation home or give as a gift.

Cost: \$25/person

Wed. Mar. 22 6 p.m. – 8 p.m.

Good Form Walking & Running Clinic

Instructor: Playmakers

If you are experiencing a nagging injury like sore feet, knees or back, join us for an educational offering beneficial for everyone, from avid runners to leisure walkers.

Cost: FREE

Wed. Apr. 5 GF Walking 5 p.m. – 6 p.m.
GF Running 6:15 p.m. – 7:15 p.m.



DIY Macrame Basket

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 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.

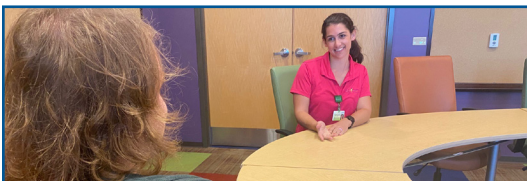
Weigh Beyond Info Sessions

Instructor: Angela Tate, MS

Weigh Beyond is a medically-supervised weight loss program utilizing Health Nutrition Technology meal replacements in addition to whole foods. Participants focus on behavioral, nutritional, and environmental topics in weekly group coaching sessions, and have access to private weigh-ins and a check-in outside of class. Join us to learn more about the curriculum, pricing, and structure and have questions answered by a Weigh Beyond Coach.

Cost: FREE

Tues., Mar. 14	12:15 p.m. – 12:45 p.m.
Wed., Mar. 15	5:15 p.m. – 5:45 p.m.
Mon., Mar. 20	12:15 p.m. – 12:45 p.m.
Wed., Mar. 22	5:15 p.m. – 5:45 p.m.



Weigh Beyond Info Sessions

GROW

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.

Mar. 21: Green Eggs & Ham

Apr. 25: Fruit Rainbow

May 16: Butterfly Garden Cake

Cost: \$12/child per class

Tues.	6 p.m. – 6:30 p.m.
-------	--------------------

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: \$30/child

GROW Member: \$25/child

Apr. 14, 21, 28

Fri.	5:15 p.m. – 6 p.m.
------	--------------------



Kids' Table

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.

Cost: \$5/child

GROW Member: FREE

Mon. 5:15 p.m. – 5:45 p.m.

Mom & Me Yoga

Instructor: Sarah Britton

Yoga can relax both the mind and body. children and moms will learn simple yoga poses while spending extra quality time together. Wear comfortable clothes.

Cost: \$5/child

Wed., May 10 **Ages 3-5** 6:15 p.m. – 7 p.m.

Ages 6-12 7:15 p.m. – 8 p.m.

Mother's Day Tea

Instructor: GROW Caregivers

Wear your finest dress and mother's pearls... we're having a tea party for just the girls. Grandmothers, mothers and mother figures are invited to join a 'par-tea' like no other. Enjoy finger foods, a photo-op, tea and more!

Cost: \$30 per Mother-child pair

\$12 per additional adult

Sat., May 13 1 p.m. – 3 p.m.



Mommy & Me Yoga

Parents' Great Escape

Faciliators: 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.

Mar. 18: Pajama Party

Apr. 1: Easter Eggstravaganza

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.

StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. **This spring's StoryWalk® features Sheep Take a Hike by Margot Apple.** A new book is featured in the spring, summer and fall.



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.*

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