



WINTER/SPRING PROGRAM GUIDE



December 3, 2023 - June 1, 2024
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 58.

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

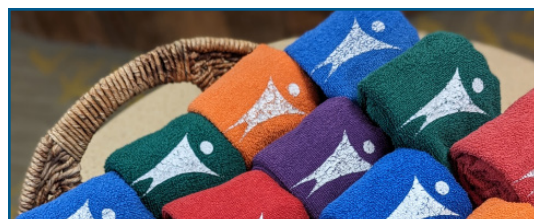
NOURISH

Visit myalive.com for the latest offerings in NOURISH, the ALIVE community cafe. Catering available upon request and availability.

Monday – Friday, [visit myalive.com](http://myalive.com) for current hours

Holidays

ALIVE will be closed in observance of Christmas Day (Mon., Dec. 25), New Year's Day (Mon., Jan. 1), Easter (Sun., Mar. 31), and Memorial Day (Mon., May 27).



Hand towels in MOVE

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	541.5886
GATHER (Event Planning)	541.5812
GROW (Childcare)	541.5803
MOVE (Fitness Center)	543.9575
NOURISH (Café)	541.5815



EXPLORE our indoor walking path

Directory (continued)

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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 reoccurring offerings are listed on pages 15-20.

- **WINTER FREE WEEK: Dec. 3 – Dec. 9**
Session 1: Dec. 10 – Jan. 20
Session 2: Jan. 21 – Mar. 2
- **SPRING FREE WEEK: Mar. 3 - Mar. 9**
Session 3: Mar. 10 - Apr. 20
Session 4: Apr. 21 - June 1

Three convenient registration methods:

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

Community L!NK Benefits:

- \$2 off range balls at Maple Brook Golf Club
- 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

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.

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Plants along EXPLORE

SPECIAL EVENTS

DECEMBER: Share

- Dec. 3 WINTER FREE WEEK Begins Pg. 6
- Dec. 6 Cooking with Ms. Hayley Pg. 52
- Dec. 9 Grinchmas Pg. 53
- Dec. 10 Session 1 Begins Pg. 6
- Dec. 19 Ornament Workshop Pg. 55
- Dec. 22 Community Blood Drive Pg. 49
- Dec. 27 Senior Steps Pg. 33



Community Blood Drive

JANUARY: Renew

- Jan. 5 Parkour Begins Pg. 57
- Jan. 6 Rowing Basics Pg. 33
- Jan. 10 Little One's Music Time Begins Pg. 54
- Jan. 11 Beginner Meditation Pg. 36
- Jan. 14 Ballroom Basics Begins Pg. 22
Women's Lifting Workshop
Begins Pg. 35
- Jan. 15 Kids' Table: Hot Cocoa Calm Pg. 54
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- Jan. 20 Parent's Great Escape:
Snowman Slam Pg. 56
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Tai Chi Begins Pg. 37
- Jan. 26 Intro to Line Dancing Begins Pg. 29



Women's Lifting Workshop

FEBRUARY: Rhythm

- Feb. 1 Heart Health Event Pg. 46
- Feb. 5 Kids' Table: Heart Shaped Pizzas Pg. 54
- Feb. 7 Rowing Basics Pg. 33
- Feb. 8 Beginner Meditation Pg. 36
Euchre How-To Pg. 49
- Feb. 10 Self Defense Pg. 51
- Feb. 12 Movement & Mobility Pg. 31
- Feb. 15 Fit to be in Love: Yoga Pg. 27
- Feb. 17 Parent's Great Escape:
Valentine's Day Dance Pg. 56
- Feb. 21 Lactation Support Group Pg. 44
- Feb. 22 Beginner Meditation Pg. 36
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Intro to Pain Pg. 48
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Heart Healthy Cooking Pg. 40
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Kids' Table: Heart Shaped Pizzas

MARCH: Absorb

- Mar. 1 Date Night: Michigan Homemade Pg. 39
- Mar. 2 Rowing Basics Pg. 33
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- Mar. 7 Beginner Meditation Pg. 36
- Mar. 10 Session 3 Begins Pg. 6
- Mar. 11 Powerful Tools for Caregivers
Begins Pg. 47
- Mar. 18 Kids' Table: Green Eggs & Ham Pg. 54
- Mar. 20 Lactation Support Group Pg. 44
- Mar. 21 Beginner Meditation Pg. 36
Kids' Table: Green Eggs & Ham Pg. 54
- Mar. 23 Parent's Great Escape:
Easter Eggstravaganza Pg. 56
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Satisfying Salads Pg. 41
Senior Steps Pg. 33



Little One's Music Time

APRIL: Affirm

- Apr. 6 Self Defense Pg. 51
- Apr. 9 Intermediate Sourdough Baking Pg. 40
- Apr. 10 Rowing Basics Pg. 33
- Apr. 12 Parkour Begins Pg. 57
- Apr. 15 Italian Tuscany Pg. 40
- Apr. 17 Lactation Support Group Pg. 44
- Apr. 21 Session 4 Begins Pg. 6
- Apr. 22 Matter of Balance Begins Pg. 46
Movement & Mobility Pg. 31
- Apr. 24 Diabetes Support Group Pg. 43
Food is Fuel Pg. 39
Senior Steps Pg. 33



Intermediate Sourdough Baking

MAY: Enhance

- May 4 Rowing Basics Pg. 33
- May 7 Mommy & Me Yoga Pg. 55
- May 8 Professional Speaker Series:
Exercising for Pain Management and
Wellness Pg. 47
- May 9 Tough as a Mother Workout Pg. 35
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- Survive & Thrive: Cooking for
Cancer Survivors Pg. 42
- June 8 Family Fun Day Pg. 50



Family Fun Day

Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	EXPLORE (<i>walking path</i>)
5:30 a.m.–6:30 a.m.	CrossFit
7 a.m.–7:50 a.m.	Interval Training (CJ)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:55 a.m.	Yoga: Fusion (JD)
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.–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
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CL)
4:45 p.m.–5:30 p.m.	Lifting Ladies (MO)
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:20 p.m.	Step & Sculpt (JD)
6 p.m.–8:45 p.m.	Pickleball: Adult Drop-In
6:25 p.m.–7:10 p.m.	Cardio Drumming (MO)
6:30 p.m.–7:30 p.m.	CrossFit
7:15 p.m.–8 p.m.	Strength & Conditioning (DL)

Tuesdays

5:30 a.m.–9 p.m.	EXPLORE (walking path)
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (TG)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:45 a.m.	Live Long, Live Strong
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training
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.–5:30 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.–6:45 p.m.	STRIDE
6 p.m.–7 p.m.	Basketball: Drop-In
6:30 p.m.–7:25 p.m.	Yoga: Basic (JD)
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8:45 p.m.	Basketball: Adult Drop-In

Wednesdays

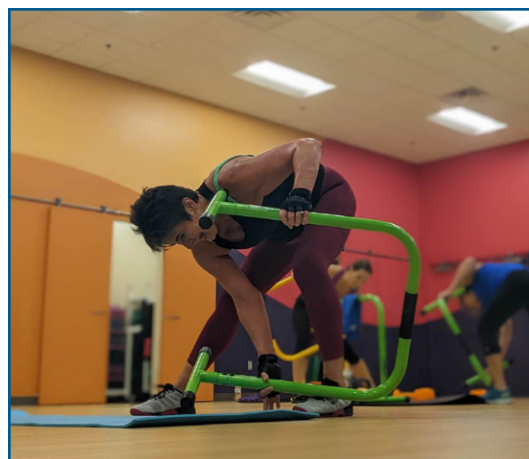
5:30 a.m.–9 p.m.	EXPLORE (walking path)
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:35 a.m.	PiYo (AP)
8 a.m.–8:50 a.m.	Pilates (CJ)
9 a.m.–9:45 a.m.	Cardio Drumming (ED)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball: Drop-In
11 a.m.–11:45 a.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
4:45 p.m.–5:30 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
5:35 p.m.–6:20 p.m.	Strength & Conditioning (AT)
6 p.m.–8:45 p.m.	Pickleball: Adult Drop-In
6:25 p.m.–7:10 p.m.	Cardio Drumming (MO)
6:30 p.m.–7:30 p.m.	CrossFit

Thursdays

5:30 a.m.–9 p.m.	EXPLORE (<i>walking path</i>)
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:45 a.m.	Live Long, Live Strong
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training
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 (CL)
6 p.m.–7 p.m.	Basketball: Drop-In
6:30 p.m.–7 p.m.	Deep Stretch (JD)
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–8:45 p.m.	Basketball: Adult Drop-In
7:05 p.m.–7:50 p.m.	Line Dancing (JS)

Fridays

5:30 a.m.–9 p.m.	EXPLORE (<i>walking path</i>)
5:30 a.m.–6:30 a.m.	CrossFit
7 a.m.–7:50 a.m.	Interval Training (CJ)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:45 a.m.	Step & Sculpt (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 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
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
5:35 p.m.–6:20 p.m.	Strength & Conditioning (ZC)



Interval Training

Saturdays

7 a.m.–3 p.m.	Indoor Walking
8:05 a.m.–8:55 a.m.	PiYo (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba (DG)
10 a.m.–12 p.m.	CrossFit (Open Gym)
10 a.m.–12 p.m.	Pickleball: Drop-In
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

Sundays

9 a.m.–12 p.m.	CrossFit (Open Gym)
9 a.m.–3 p.m.	Indoor Walking
10 a.m.–12 p.m.	Pickleball: Drop-In
1 p.m.–1:45 p.m.	Strength & Conditioning (DL)
1 p.m.–3 p.m.	Basketball: Drop-In



Yoga: Basic in ENERGIZE

Instructors

AP = Alicia P.	ED = Ellen D.
AT = Amanda T.	JD = Jennifer D.
ATa = Angela T.	JS = Jennifer S.
CC = Christina C.	MM = Morene M.
CJ = Cheryl J.	MO = Mindy O.
CL = Christina L.	TG = Taylor G.
DG = Danielle G.	ZC = Zane C.
DL = Darius L.	

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.



Zumba in SOAR

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 (B)

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. **Pre-registration required; call (517) 541-5800 opt. 1.**

Cost: \$100/couple

MOVE Member: \$80/couple

Jan. 14, 21, 28 & Feb. 4

Sun. 2 p.m. – 3 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: \$5/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: \$5/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.
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.



Basketball: Drop-In

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.
Tues.	5:35 p.m. – 6:20 p.m.
Thurs.	5:35 p.m. – 6:20 p.m.
Fri.	11 a.m. – 11:45 a.m.

Boxing for Health (B, I)

Utilize specific boxing techniques and exercises designed to improve balance, spatial awareness and cognitive health for individuals battling Parkinson's as well as other neurological and chronic health 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.
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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.	6:25 p.m. – 7:10 p.m.
Wed.	9 a.m. – 9:45 a.m. 6:25 p.m. – 7:10 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.



Barre None in ENERGIZE

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

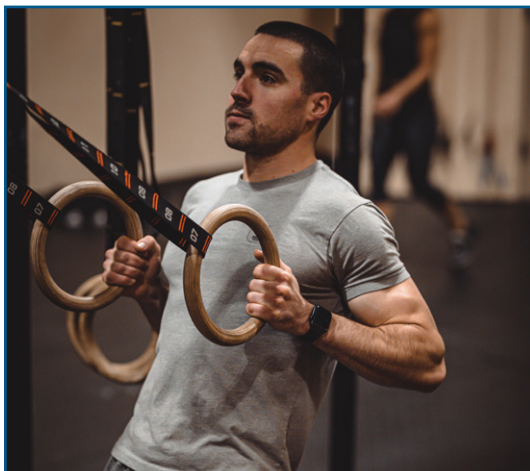
CrossFit upgrade (couple): \$99/month

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

EXPLORE (walking path)

Enjoy our indoor and outdoor walking paths. The indoor path takes nine laps to complete one mile (wheel chair and stroller friendly).

Cost: FREE

Indoor: Business Hours
Outdoor: Dawn to Dusk

Fit to be in Love: Yoga (B)

Instructor: Jennifer Davis

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

Thurs., Feb. 15 7:15 p.m. – 8:15 p.m.

Foam Roller (B)

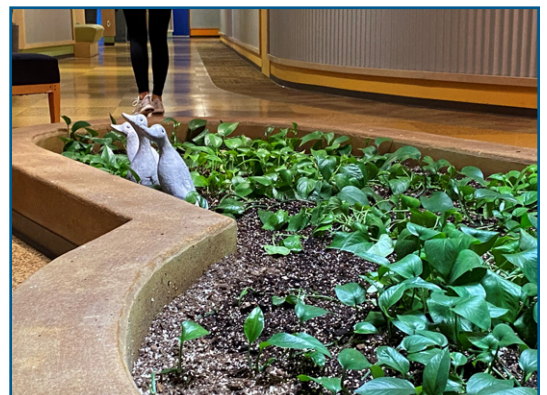
SENIOR FRIENDLY

Roll and release using a foam roller and tennis ball to help release stiff muscles and achy joints.

Cost: \$30/six-week session

MOVE Member: FREE

Fri. 10 a.m. – 10:30 a.m.



EXPLORE

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.

Group Cycling (B, I, A)

This class is a high energy dynamic workout designed to get your heart pumping and legs spinning. *Requires pre-registration; limited capacity of 14.*

Cost: \$10/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. *Requires pre-registration; limited capacity of 14.*

Cost: \$10/class

MOVE Member: FREE

Mon. 4:45 p.m. – 5:30 p.m.

Tues. 8 a.m. – 8:45 a.m.

Wed. 4:45 p.m. – 5:30 p.m.

Thurs. 8 a.m. – 8:45 a.m.

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

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

Cost: \$30/six-week session

MOVE Member: FREE

Tues. 12:15 p.m. – 12:45 p.m.

Thurs. 12:15 p.m. – 12:45 p.m.

Interval Training (B, I, A)



Take your strength, cardio endurance and stability to another level with timed intervals. Work every part of your body with the use of kettle bells and more!

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 7 a.m. – 7:50 a.m.

Fri. 7 a.m. – 7:50 a.m.

Intro to Line Dancing (B)



Instructor: Jennifer Sparks

Learn the basics of line dancing broken down into simple steps. No prior experience necessary.

Cost: \$30/six-week session

MOVE Member: FREE

Jan. 26, Feb. 2, 9, 16, 23 & Mar. 1

Fri. 3 p.m. – 3:45 p.m.



Interval Training in ENERGIZE

Lifting Ladies (B, I, A)

NEW

Designed to empower women and teach them how to feel confident using all of the equipment available to MOVE members. Strong women building muscle and "lifting" each other up. Ages 13 and up are encouraged to attend.

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

Mon. 4:45 p.m. – 5:30 p.m.

Line Dancing (B, I)

SENIOR FRIENDLY

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. – 11:45 a.m.
Thurs. 7:05 p.m. – 7:50 p.m.



Line Dancing in ENERGIZE

Live Long, Live Strong (B, I)

SENIOR FRIENDLY

A class tailored to seniors. Includes basic movement patterns to work cardio, muscle endurance, strength, stability, balance and flexibility.

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

Tues. 10 a.m. – 10:45 a.m.
Thurs. 10 a.m. – 10:45 a.m.

Movement & Mobility

Instructor: Angela Tate, MS

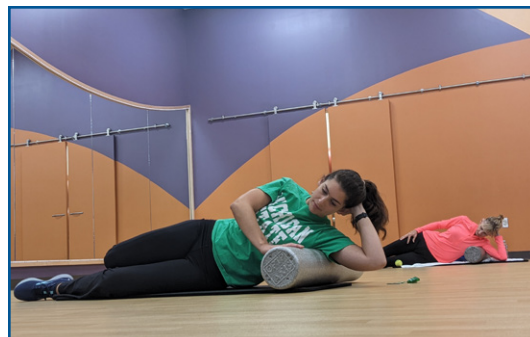
Help release stiff muscles and achy joints. Learn and leave with mobility techniques including instrument-assisted soft tissue manipulation, improved joint movement patterns, posture and alignment, and reduced pain.

Feb. 12: Hips & Low Back

Apr. 22: Shoulders & Neck

Cost: \$5/person

Mon., Feb. 12 9:30 a.m. – 10:30 a.m.
5:30 p.m. – 6:30 p.m.
Mon., Apr. 22 9:30 a.m. – 10:30 a.m.
5:30 p.m. – 6:30 p.m.



Movement & Mobility in ENERGIZE

Pickleball: Adult Drop-In (B)

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

Cost: \$5/drop-in
MOVE Member: FREE

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



Pickleball: Drop-In (B)

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

Cost: \$5/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.	10 a.m. – 12 p.m.
Sun.	10 a.m. – 12 p.m.



Pickleball: Adult Drop-In in SOAR

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.
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Rowing Basics



Instructor: Taylor Greshak

Ever wonder the benefits of rowing? Learn the basics including form and machine familiarity from an experienced instructor. **Registration required, limited space available.**

Cost: \$10
MOVE Member: \$5

Sat., Jan. 6	1 p.m. – 2 p.m.
Wed., Feb. 7	12 p.m. – 1 p.m.
Sat., Mar. 2	1 p.m. – 2 p.m.
Wed., Apr. 10	12 p.m. – 1 p.m.
Sat., May 4	1 p.m. – 2 p.m.

Senior Steps (B)



Improve overall well-being through fitness in this monthly walking challenge for seniors. Sign up in CREATE to get started. Group sessions occur every fourth Wednesday of the month (45 minutes social time with focus on strength & stretch).

Cost: FREE

Wed., Dec. 27	9:45 a.m. – 10:30 a.m.
Wed., Jan. 24	9:45 a.m. – 10:30 a.m.
Wed., Feb. 28	9:45 a.m. – 10:30 a.m.
Wed., Mar. 27	9:45 a.m. – 10:30 a.m.
Wed., Apr. 24	9:45 a.m. – 10:30 a.m.
Wed., May 22	9:45 a.m. – 10:30 a.m.

Step & Sculpt (B, I, A)

Improve cardiovascular endurance with the use of a bench. Enhance muscle strength in sculpt segment.

Cost: \$30/six-week session

MOVE Member: FREE

Mon.	9 a.m. - 9:45 a.m.
	5:35 p.m. – 6:20 p.m.
Fri.	9 a.m. - 9:45 a.m.

Strength & Conditioning (B, I, A)

A high energy, full body workout using a range of exercises to build strength basics and aerobic conditioning. Join to improve overall balance, strength, stability, mobility, and endurance.

Cost: \$30/six-week session

MOVE Member: FREE

Sun.	1 p.m. – 2 p.m.
Mon.	7:15 p.m. – 8 p.m.
Wed.	5:35 p.m. – 6:20 p.m.
Fri.	5:35 p.m. – 6:20 p.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.

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.

Tough as a Mother Workout (B)

Instructor: Danielle Gillentine

Grab your mom (or mother figure) and celebrate her with this fun-filled workout for 2 that will have you laughing and sweating together!

Cost: \$10/person

MOVE Member: \$5/person

Thurs., May 9	5:30 p.m. – 6:15 p.m.
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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.

Women's Lifting Workshop (B)

Instructor: Angela Tate

Join other women in this after-hours program where instructor Angela leads the group through various strength and weight lifting techniques using equipment throughout MOVE. **Pre-registration required, call 543.9575 (limited spots available).**

Cost: \$30

MOVE Member: \$20

Jan. 14, 21, 28 & Feb. 4

Sun.	3:15 p.m. – 4:15 p.m.
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Step & Sculpt in ENERGIZE

BREATHE

Beginner Meditation (B)

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., Jan. 11	12:15 p.m. – 12:45 p.m.
Thurs., Jan. 25	12:15 p.m. – 12:45 p.m.
Thurs., Feb. 8	12:15 p.m. – 12:45 p.m.
Thurs., Feb. 22	12:15 p.m. – 12:45 p.m.
Thurs., Mar. 7	12:15 p.m. – 12:45 p.m.
Thurs., Mar. 21	12:15 p.m. – 12:45 p.m.

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.



Deep Stretch in ENERGIZE

Pilates (B,I)



Essential mat work blends breath and body together for each exercise movement. This mind-body discipline improves core strength, flexibility, mobility and reflexes.

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

Wed. 8 a.m. – 8:50 a.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

Wed. 5:45 a.m. – 6:35 a.m.
Sat. 8:05 a.m. – 8:55 a.m.

Tai Chi (B)



Instructor: MSU Extension

A form of gentle exercise for any body. Tai Chi consists of a sequence of slow, controlled movements optimal for arthritis and fall prevention and beneficial to all. Tie your body, mind and breath together to increase mental focus with stress-free movement.

Cost: FREE

Jan. 25 - Mar. 7

Thurs. 1 p.m. – 1:45 p.m.



Pilates 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

Mon.	8 a.m. - 8:55 a.m.
Tues.	6:30 p.m. – 7:25 p.m.
Fri.	8 a.m. - 8:55 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.

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

Mon.	9 a.m. - 9:55 a.m.
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Yoga: Basic in ENERGIZE

EAT

Cheese Making: Mozzarella

Instructor: Gary Colles

Learn the basics of cheese making. Class includes cooking, draining, forming, using a cheese cloth, storage and aging, as well as use of different milks. Work with your partner and take one pound of your delicious concoction home with you!.

Cost: \$20

Thurs., May 16 3 p.m. – 6 p.m.

Date Night: Michigan Homemade

Instructor: Adrienne Bunce

Grab a spouse, best friend or family member and enjoy Michigan fan-favorite foods; pasty and cherry pie in this hands on date night experience! Learn what goes inside the popular creations and the history behind the flavors.

Cost: \$40/couple

Fri., Mar. 1 6 p.m. – 8 p.m.

Food is Fuel

Instructor: Hayley Walker, RDN

Learn how to maximize your muscle building before and after workouts. Our dietitians will teach you how to fuel your body pre and post workout.

Cost: \$20

Wed., Apr. 24 12 p.m. - 1p.m.



Cheese Making: Mozzarella

Heart Healthy Cooking

Instructor: Hayley Walker, RDN

Learning what to enjoy and avoid for heart health can seem overwhelming. Join us for a dietitian-approved lunch to learn tips on heart healthy cooking without sacrificing flavor.

Cost: \$20

Wed., Feb. 28 12 p.m. – 1p.m.

Intermediate Sourdough Baking

Instructors: Adrienne Bunce

Calling all semi-seasoned sourdough bakers. Take your creations up a notch by learning how to prep and create recipes in an intermediate-style lesson. Taste samples as you go while taking home recipe cards to recreate at home.

Cost: \$30

Tues., Apr. 9 6 p.m. – 8 p.m.

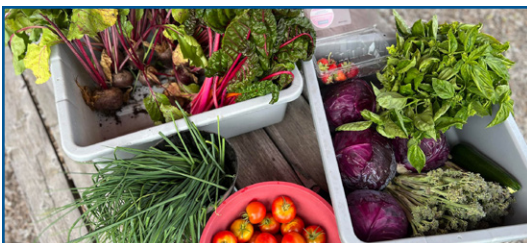
Italian Tuscany

Instructors: Angela Tate & Ellen Dreps

Learn the art of pasta making and focaccia in this world fare class. Enjoy a delectable dinner while learning from instructors how to recreate the dishes at home.

Cost: \$20

Mon., Apr. 15 6 p.m. – 8 p.m.



Produce from HARVEST

Power Bowl & Go

Instructor: Ellen Dreps

Come create a healthy, quick lunch using a power grain and all the colorful veggies that accompany it. Prepare your meal while listening to the the many health benefits of a power bowl.

Cost: \$12

Tues., Jan. 23 12:15 p.m. – 12:45 p.m.

Satisfying Salads

Instructor: Hayley Walker, RDN

Join this clean eating lunch offering to learn how to create balanced and satisfying salads. Demonstration includes lunch and recipes to take home.

Cost: \$20

Wed., March 27 12 p.m. – 1 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: \$30

Tues., May 14 6 p.m. – 8 p.m.



Power Bowl & Go

Survive & Thrive: Cooking for Cancer Survivors

Instructor: Hayley Walker, RDN

Good nutrition is important before, during, and after cancer treatment. Participants will learn how to maximize nutrition and reduce the risk of cancer returning.

Cost: \$20

Wed., May 22

12 p.m. – 1 p.m.



Survive & Thrive: Cooking for Cancer Survivors

SUPPORT

Barry-Eaton Baby Cafe

Facilitator: Reagan Gielincki, MS, OTR/L, IBCLC, LLL

This informal support group is for moms who are breastfeeding or pregnant and their partners. Ask questions, receive professional lactation care and intervention, and meet other moms. *For more information about this weekly offering visit @Barry-Eaton Baby Cafe on Facebook for an up to date schedule or by contacting Eaton Clinic at 517.541.2630.*

Cost: FREE

Diabetes Support Group

Facilitator: Diabetes Education Team

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 hayley.walker@sparrow.org.*

Cost: FREE

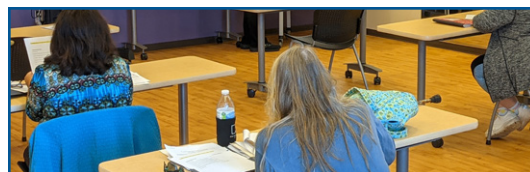
Wed., Jan 24 3:30 p.m. – 4:30 p.m.

Wed., Feb 28 3:30 p.m. – 4:30 p.m.

Wed., Mar 27 3:30 p.m. – 4:30 p.m.

Wed., Apr 24 3:30 p.m. – 4:30 p.m.

Wed., May 22 3:30 p.m. – 4:30 p.m.



Diabetes Support Group

Lactation Support Group

Facilitator: Leighla Smith, D.O.

New mom? Newly pregnant? Currently breastfeeding? Drop-in within the hour to meet with a local, Sparrow family medicine provider for lactation education, support and guidance. Dr. Smith, who specializes in lactation support and family wellness, will answer questions, discuss and troubleshoot common breastfeeding struggles. **Registration required 24 hours prior; call 541.5800, opt. 7.**

Cost: FREE

Wed., Jan 17	5:30 p.m. – 6:30 p.m.
Wed., Feb. 21	5:30 p.m. – 6:30 p.m.
Wed., Mar. 20	5:30 p.m. – 6:30 p.m.
Wed., Apr. 17	5:30 p.m. – 6:30 p.m.
Wed., May 15	5:30 p.m. – 6:30 p.m.

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.	6 p.m. – 6:45 p.m.
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Lactation Support Group

Traumatic Brain Injury Support Group

Facilitator: Christine Kanuszewski

This support group is for individuals 13+ with a diagnosed concussion/traumatic brain injury, to address issues related to acquired brain injuries. Participants will focus on sharing stories, strategies on managing home, work and school environments, symptom management and available community resources. Occurs every 2nd and 4th Thursday of the month.

Cost: FREE

6 p.m. – 7:30 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

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.



Sunset in PRESERVE

THINK

PRESENTATIONS

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

Heart Health Event

Join us for lunch at our FREE, annual, interactive heart health event. Our panel of professionals will speak on various heart health 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.

Pre-register by calling 541.5800, opt. 7.

Cost: FREE

Thurs., Feb. 1 11:30 a.m. – 1 p.m.

Matter of Balance

Presenter: Tri County Office on Aging

Learn how to manage concerns about falls, overcome your fear of falling and how to prevent them. Includes discussion about low-impact strength and balance exercises.

Cost: FREE

April 22nd-May 16th

Mon., & Thurs., 9:30 a.m. – 11:30 a.m.



Heart Health Event

Powerful Tools for Caregivers

Presenter: Tri County Office of Aging

Designed for anyone caring for a family member or friend. Focuses on self-care to reduce personal stress, anger, guilt, depression, etc. Topics include: taking care of you, personal stress, communication, making decisions and setting goals. Caregiver does not have to live with the person they are caring for.

Cost: FREE

Mar. 11 - Apr. 15

Mon., 9:30 a.m. – 12 p.m.

Professional Speaker Series: Exercising for Pain Management

Presenters: Dr. Jamie Mueller-Smith & MOVE Trainers

Learn therapeutic benefits of a range of physical activities and movements. Receive a tailored exercise recommendation based on your health and fitness goals.

Cost: FREE

Wed., May 8

5 p.m. – 6 p.m.



Exercising for Pain Management

Professional Speaker Series: Intro to Pain

Presenter: Dr. Jamie Mueller-Smith

Learn why we have pain and how to combat it with conventional and holistic approaches. Understand when imaging is needed for pain and how to interpret the results.

Cost: FREE

Wed., Feb. 26 5 p.m. – 6 p.m.

Winter Safety

Presenters: Jenna Edwards & Laura Vaughn, Clinical Exercise Physiologists

Gain confidence this winter when venturing outdoors. Learn how to properly warm up prior to strenuous activities such as shoveling snow or snow removal from vehicles. Take new strategies to implement in case of winter emergencies within your house or vehicle.

Cost: FREE

Tues., Jan. 23 5 p.m. – 6 p.m.



Winter Safety

WORKSHOPS

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

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. 22 11:30 a.m. – 5 p.m.

Euchre How-To

Instructors: Ellen Dreps

Ever wondered how to play this Michigan classic? Learn the basics of euchre broken down, as well as tips and tricks of the game. Put your newfound skills to work in a few mock hands of euchre together with other participants. No partner required to participate. Take home your own ALIVE deck of cards. Complimentary beverages and refreshments provided for those who register by Tues., Jan. 16.

Cost: \$10/person

Thurs., Feb. 8 6 p.m. – 8 p.m.



Euchre How-To

Family Fun Day

Join us for this FREE, fun activity-filled event featuring complimentary food, face painting, crafts led by GROW caregivers, bounce houses, field day activities and more. Prizes will be awarded at various stations where activities occur. Complete an event 'passport' for a chance to win the grand prize.

Cost: FREE

Sat., June 8 10 a.m. – 1 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 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.



Family Fun Day

Self Defense

Instructor: Scott Warren

Learn from a certified Krav Maga instructor about situational awareness and how to avoid physical confrontations when possible. Take home skills to be able to defend yourself if conflict arises.

Cost: \$30

Sat., Feb. 10 10 a.m. – 12 p.m.
Sat., Apr. 6 10 a.m. – 12 p.m.

Suicide Prevention Training

Instructor: United Steps

Suicide is preventable, anyone can make a difference. Learn four basic steps to create a life saving connection with non-profit organization, United Steps, with a complex but dedicated mission to end all suicides. "Stomp out the stigma surrounding suicide and mental health" in this four hour session.

Cost: \$20

Sat., Feb. 3 10 a.m. – 2 p.m.
Thurs., Apr. 18 4 p.m. – 8 p.m.



Self Defense

GROW

Cooking with Ms. Hayley

Instructor: Hayley Walker, RDN

Channel your inner elf in this festive baking class with registered dietitian, Hayley. Learn how to work in a kitchen while making heart healthy desserts for this holiday season.

Cost: \$12/child

Wed., Dec. 6

3 p.m. – 4 p.m.



Cooking with Ms. Hayley

Grinchmas

Experience the magic of WhoVille in this interactive offering that features both the Grinch and Santa Clause! The excitement will include games, punch, cookies, and photo opportunities. **Reserve your WhoVille experience timeslot by calling 517-541-5809. Limited space available.**

Cost: \$40/family

GROW Member: \$30/family

Sat., Dec. 9

1 p.m. – 3:30 p.m.

Hands On History

Instructor: Julie Kimmer

Courthouse Square Director Julie is excited to host "Hand's on History", on the road. This fun, interactive event lets kids learn from historical items through play.

Cost: FREE

Tues., Jan. 23

11 a.m. - 11:45 a.m.



Grinchmas

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.

Jan. 15: Hot Cocoa Calm

Feb. 5: Heart Shaped Pizzas

Mar. 18: Green Eggs & Ham

Cost: \$12/child per class

Mon.

6 p.m. – 6:45 p.m.

Little One's Music Time

Instructor: Lachelle Plue

Join this music and movement offering for parents to attend with their child(ren), ages 1-4. Sing, dance, read and explore a variety of musical instruments to promote coordination, creativity, self-control and much more.

Cost: \$50 first child/6 week session

\$30 per add'l child

(same household)/6 week session

Jan. 10 - Feb. 14 (6 weeks)

Mar. 6 - Apr. 10 (6 weeks)

Wed.

10:15 a.m. – 11 a.m.



Kids' Table in RELISH

Mommy & Me Yoga

Instructor: Mindy Otto

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: \$10/child

GROW Member: \$5/child

Tues. May 7

6 p.m. – 7 p.m.

Ornament Workshop

Instructor: Beth Hengesbach

Get crafty and festive this holiday season in Ornament Workshop. Participants will craft up to (3) new ornaments for the Christmas tree at home. Ages 3-12.

Cost: \$10/child

GROW Member: \$5/child

Tues., Dec. 19

5 p.m. - 6p.m.



Mommy & Me Yoga

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. 20: Snowman Slam

Feb. 17: Valentines Day Dance

Mar. 23: Easter Eggstravaganza

Cost: \$30 first child
\$25 per add'l child (*same household*)

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

Sat. 5 p.m. – 9:30 p.m.



Parents' Great Escape

Parkour

Instructor: Christina Stuck

A basic introduction to parkour as imagined through stories. You and your little one will learn together how to safely maneuver everyday obstacles using the whole body. Build strength, balance, focus, confidence, and problem-solving skills after listening to related stories. For children ages 2-6.

Cost: FREE

Jan. 5 - Feb. 9 (6 weeks)

Apr. 12 - May 17 (6 weeks)

Fri., 10 a.m. - 10:30 a.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.

Spring StoryWalk®: When Spring Comes by Kevin Henkes.



StoryWalk



**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
Rehabilitation	541.5800, opt. 2
Respiratory Services	541.5948
Sleep Station	541.5845
Surgery	543.1050, ext. 52415
Urgent Care	541.5935

For more information visit Sparrow.org/Eaton.





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

Main 517.541.5800
Fax 517.541.5810