



SUMMER/FALL PROGRAM GUIDE



June 2, 2024 - November 30, 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.

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** for current hours*

Holidays

ALIVE will be closed in observance of Independence Day (Thurs., July 4), Labor Day (Mon., Sept. 2), and Thanksgiving (Thurs., Nov. 28).

ALIVE will be open limited hours from 6:30 a.m. - 3 p.m. Black Friday (Fri., Nov. 29).



Walking chips for EXPLORE

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



Fountain in EMPOWER

Directory (continued)

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Group Exercise class in ENERGIZE

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 and are not permitted in MOVE (fitness center), ENERGIZE (group ex studio), INDULGE (locker rooms), SPARK (CrossFit gym) unless they are part of the Little Lifters Program or enrolled in a facilitated program held in one of those areas.
- 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 15-20.

- **SUMMER FREE WEEK: June 2 - June 8**
Session 1: June 9 - July 20
Session 2: July 21 - Aug. 31
- **FALL FREE WEEK: Sept. 1 - Sept. 7**
Session 3: Sept. 8 - Oct. 19
Session 4: Oct. 20 - Nov. 30

Three convenient registration methods:

- Log into myalive.clubautomation.com
- Use 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 purchases of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 10% off any general service (new clients only) at Bullseye Pest Defense



LINK card scan-in

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
ALIVE 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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ASCEND rockwall

SPECIAL EVENTS

JUNE

- June 2 SUMMER FREE WEEK Begins Pg. 6
- June 3 Music and Movement Pg. 51
- June 6 Preschool Sports Sampler (Session 1) Begins Pg. 53
- June 8 Family Fun Day Pg. 47
- June 9 Session 1 Begins Pg. 6
- June 11 Weather & Exercise: Summer Pg. 45
- June 12 Rowing Basics Pg. 33
- June 13 Traumatic Brain Injury Support Group Pg. 43
- June 15 Rowing Basics Pg. 33
- June 17 Make it Monday: Origami Pg. 51
- June 21 Community Blood Drive Pg. 47
- Professional Speaker Series: Summer Skin Care Pg. 45
- June 24 Make it Monday: Rock Painting Pg. 51
- June 27 Traumatic Brain Injury Support Group Pg. 43
- June 26 Diabetes Support Group Pg. 41
- Senior Steps Pg. 33



Rowing Basics

JULY

- July 1 Make it Monday: Slime Pg. 51
Music and Movement Pg. 51
- July 7 Disc Golf Begins Pg. 27
- July 8 Make it Monday: Birdhouses Pg. 51
- July 9 Volleyball Camp:
5th & 6th Grade Begins Pg. 35
Volleyball Camp:
7th & 8th Grade Begins Pg. 35
- July 11 Traumatic Brain Injury
Support Group Pg. 43
- July 15 Make it Monday: Canvas Painting Pg. 51
- July 20 Couch to 5K Begins Pg. 26
- July 21 Session 2 Begins Pg. 6
- July 22 Make it Monday: Play Doh Pg. 51
- July 24 Diabetes Support Group Pg. 41
Senior Steps Pg. 33
- July 25 Traumatic Brain Injury
Support Group Pg. 43
- July 29 Make it Monday: Bracelet Making Pg. 51



Volleyball Camp

AUGUST

- Aug. 1 Frontier Days Dance Begins Pg. 28
- Aug. 3 Parent's Great Escape:
School's Out Summer Bash Pg. 52
- Aug. 5 Make it Monday: Sensory Rice Pg. 51
Music and Movement Pg. 51
- Aug. 6 Kids' Table: Fruit Pizza Pg. 50
- Aug. 8 Preschool Sports Sampler
(Session 2) Begins Pg. 53
Traumatic Brain Injury
Support Group Pg. 43
- Aug. 12 Make it Monday:
Fuse Bead Designs Pg. 51
- Aug. 16 Community Blood Drive Pg. 47
- Aug. 19 Baby Sign Language Begins Pg. 50
- Aug. 20 Succulent Wreath Making Pg. 49
- Aug. 22 Meal Prep Party Pg. 39
Traumatic Brain Injury
Support Group Pg. 43
- Aug. 28 Diabetes Support Group Pg. 41
Senior Steps Pg. 33



Diabetes Support Group

SEPTEMBER

- Sept. 1 FALL FREE WEEK Begins Pg. 6
- Sept. 7 live. life. Nspired. 5K Pg. 30
- Sept. 8 Session 3 Begins Pg. 6
- Sept. 9 Recreational Ukelele Begins Pg. 48
- Sept. 11 MSP Internet Safety Pg. 44
- Sept. 12 Traumatic Brain Injury
Support Group Pg. 43
- Squat Clinic Begins Pg. 33
- Sept. 17 Kids' Table: Basic Kitchen Skills Pg. 50
- Sept. 18 Knife Skills Pg. 39
- Sept. 25 Diabetes Support Group Pg. 41
- Senior Steps Pg. 33
- Sept. 26 Traumatic Brain Injury
Support Group Pg. 43
- Sept. 27 Date Night: Japanese Hibachi Pg. 38



live. life. Nspired. 5K

OCTOBER

- Oct. 3 Preschool Sports Sampler
(Session 3) Begins Pg. 53
- Oct. 10 Traumatic Brain Injury
Support Group Pg. 43
- Oct. 15 Diabetes Cooking Class Pg. 39
- Oct. 16 Professional Speaker Series: Hand &
Wrist Pain Pg. 44
- Oct. 18 Date Night: Taste of Fall Pg. 38
- Oct. 20 Session 4 Begins Pg. 6
- Oct. 21 Baby Sign Language
(Session 2) Begins Pg. 50
- Oct. 23 Diabetes Support Group Pg. 41
- Senior Steps Pg. 33
- Oct. 24 Traumatic Brain Injury
Support Group Pg. 43
- Oct. 25 Community Blood Drive Pg. 47
- Oct. 26 Parent's Great Escape:
SPOOKTACULAR Pg. 52



Community Blood Drive

NOVEMBER

- Nov. 9 Women's Health Event Pg. 49
- Nov. 12 Ultra Processed Foods Pg. 46
Weather & Exercise: Winter Pg. 46
Sourdough Baking Pg. 40
- Nov. 14 Traumatic Brain Injury
Support Group Pg. 43
- Nov. 19 Kids' Table: Thanksgiving Sides Pg. 50
- Nov. 20 Diabetes Support Group Pg. 41
- Nov. 23 Parent's Great Escape:
Friendsgiving Pg. 52
- Nov. 27 Senior Steps Pg. 33



Women's Health Event

Weekly Schedule

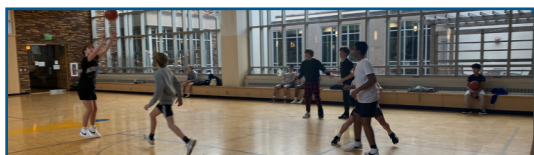
Mondays

5:30 a.m.–9 p.m.	EXPLORE (walking path)
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:50 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.–9:55 a.m.	Yoga: Fusion (AS)
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
12:15 p.m.–12:45 p.m.	H.I.I.T.
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
5:35 p.m.–6:20 p.m.	Cardio Hip Hop (AP)
5:35 p.m.–6:20 p.m.	Lifting Ladies (MO)
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 (Open Gym)
7:15 p.m.–8 p.m.	Strength & Conditioning (DL)*

*Class held @ Crandell Park weather permitting

Tuesdays

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 (TG)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:45 a.m.	Buns & Guns (DG)
9 a.m.–9:50 a.m.	Pilates (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Live Long, Live Strong (CJ)
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
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.–6:30 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)
6:30 p.m.–7:25 p.m.	Yoga: Basic
6:30 p.m.–7:30 p.m.	CrossFit (Open Gym)
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In



Basketball in SOAR

Wednesdays

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.–6:35 a.m.	PiYo (AP)
8 a.m.–8:50 a.m.	Interval Training (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 a.m. – 10:45 a.m.	Lifting Ladies (TG)
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
12:15 p.m.–12:45 p.m.	H.I.I.T.
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)
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 (JE)
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 (Open Gym)

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)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:45 a.m.	Buns & Guns (DG)
9 a.m.–9:50 a.m.	Pilates (CJ)
9 a.m.–10 a.m.	CrossFit
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
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.–6:30 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)
6:30 p.m.–7:30 p.m.	CrossFit (Open Gym)
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In
7:05 p.m.–7:50 p.m.	Line Dancing (JS)*

*Line Dancing Beginning Sept. 12

Fridays

5:30 a.m.–9 p.m.	EXPLORE (<i>walking path</i>)
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:50 a.m.	Interval Training (CJ)
9 a.m.–9:55 a.m.	Yoga: Basic (AS)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Yoga: Chair (AS)
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.	H.I.I.T.
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
6:30 p.m.–7:30 p.m.	CrossFit (Open Gym)



Yoga: Basic

Saturdays

7 a.m.–3 p.m.	EXPLORE (walking path)
8:05 a.m.–8:55 a.m.	PiYo (CC)
9 a.m.–9:55 a.m.	Yoga: Basic
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Buns & Guns (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.	Zumba (DG)
12 p.m.–12:30 p.m.	Rock Climbing
12 p.m.–1 p.m.	Basketball: Open Shoot

Sundays

9 a.m.–3 p.m.	EXPLORE (walking path)
9 a.m.–12 p.m.	CrossFit (Open Gym)
10 a.m.–12 p.m.	Pickleball: Drop-In
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–1:45 p.m.	Strength & Conditioning (DL)
1 p.m.–2 p.m.	Basketball: Drop-In



PiYo in ENERGIZE

Instructors

AP = Alicia P.	ED = Ellen D.
AS = Ashley S.	JD = Jennifer D.
AT = Amanda T.	JE = Jenna E.
CC = Christina C.	JS = Jennifer S.
CJ = Cheryl J.	MM = Morene M.
CL = Christina L.	MO = Mindy O.
DG = Danielle G.	TG = Taylor G.
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.



Buns & Guns in ENERGIZE

DO

NOTE: Signing up for a six-week session is good for the day/time of the offering selected. For example, paying for 6-weeks of 9am 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

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.

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 and up.

Cost: **\$5/drop-in**

MOVE Member: **FREE**

Tues.	6:30 p.m. – 8:45 p.m.
Thurs.	6:30 p.m. – 8:45 p.m.



Barre None

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 and up.

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.
Wed.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 p.m.
Fri.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Sun.	1 p.m. – 2 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.
Sun.	12 p.m. – 1 p.m.



Basketball: Drop-In

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 a.m. – 9:45 a.m.
Thurs.	9 a.m. – 9:45 a.m.
Sat.	10 a.m. – 10:45 a.m.

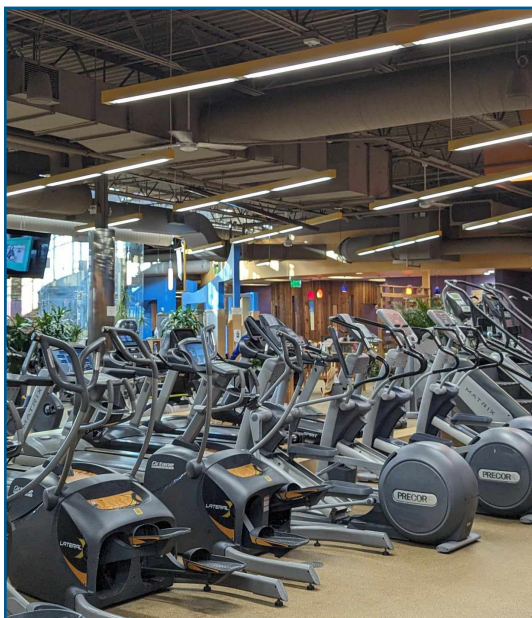
Cardio Drumming (B, I)

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.



Cardio Equipment in MOVE

Cardio Hip Hop (B, I)



Work up a sweat with upbeat hip hop music during this high energy fitness class.

Cost: \$30/six-week session

MOVE Member: FREE

Mon.	5:35 p.m. – 6:20 p.m.
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Circuit Training (B, I)

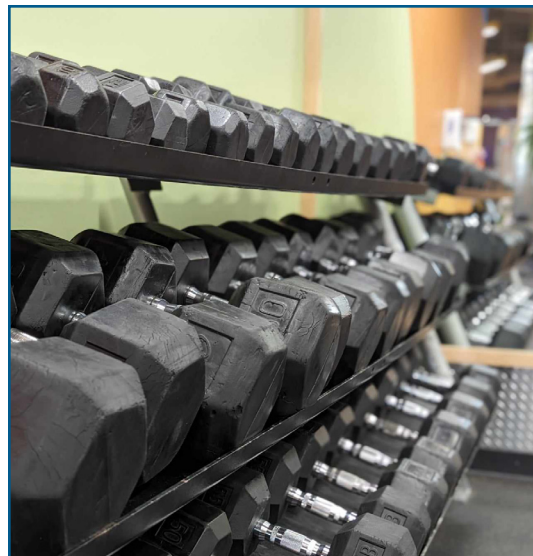


Make interval training more effective using weight machines and body weight based movements to improve stability, strength and balance. Class may be done in standing or seated position, and ends with mobility and stretching.

Cost: \$30/six-week session

MOVE Member: FREE

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



Free Weights in BUILD

Couch to 5K (B, I)

Instructor: MOVE Trainers

Join a six-week program to prepare to run the live.life.Nspired 5k (Sat., Sept. 7). Monday sessions involve strength and conditioning while Saturday sessions include outdoor training runs. Cost includes race registration. **Call to register at 541-5800, opt. 7.**

Sat., July 20 - Mon., Aug. 26

Cost: \$40

Sat.	9 a.m. – 9:45 a.m.
Mon.	5:30 p.m. – 6:15 p.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.*

Disc Golf (B)

Instructor: Darius Long

Learn the rules and skills needed to play this popular outdoor activity; disc golf. This beginner drop-in workshop teaches participants, 13+, the health benefits of disc golfing, approaches to the game, and drive mechanics. Discs provided.

July 7, 21, Aug. 4, 18

Cost: \$5/drop-in

Sun.	11 a.m. – 12 p.m.
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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**



CrossFit in SPARK

Frontier Days Dance (B)

Instructor: Danielle Gillentine

Grab your cowboy boots and let your inner confidence shine in this six-week class that will rehearse three choreographed dances to perform at the Charlotte Frontier Days Saloon. **Call to register at 541-5800, opt. 7.**

Practices: Aug. 1, 8, 15, 22, 29

**Performances: Wed., Sept., 4,
& Thurs., Sept. 5**

Cost: \$45

MOVE Member: \$30

Thurs.(practices): 6:25 p.m. – 7:25 p.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.

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

Mon. 12:15 p.m. – 12:45 p.m.

Wed. 12:15 p.m. – 12:45 p.m.

Fri. 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 kettlebells and more!

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 8 a.m. – 8:50 a.m.

Wed. 8 a.m. – 8:50 a.m.

Fri. 8 a.m. – 8:50 a.m.

Lifting Ladies (B, I, A)



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.



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

Mon.	5:35 p.m. – 6:20 p.m.
Wed.	10 a.m. – 10:45 a.m.

Line Dancing (B, I)



Learn popular line dances 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.
*Thurs., evening time beginning Sept. 12	

live. life. Nspired. 5K (B, I, A)

This annual University of Michigan Health Sparrow Eaton 5K run and 1.5-mile family walk is inspired by Natalie Freiburger's 11 years of life lived fully. Join participants from all walks of life for this unique generosity experience. **Visit lifelifeinspired.org for early registration dates and race details.**

Cost: 5K Run - \$20/\$25/\$30
Family Run - \$50/\$65/\$80
Family Walk - FREE

Sat., Sept. 7	9:15 a.m.
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Live Long, Live Strong (B, I)



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.

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 and up.

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

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



Line Dancing in ENERGIZE

Pickleball: Drop-In (B)



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

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. – 6:30 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. – 6:30 p.m.
Fri.	1:30 p.m. – 3 p.m.
Sat.	10 a.m. – 12 p.m.
Sun.	10 a.m. – 12 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. – 12:30 p.m.
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Pickleball: Drop-In in SOAR

Rowing Basics

Instructor: Taylor Greshak

Ever wonder the benefits of rowing? Learn the basics including form and machine familiarity from an experienced instructor. **Limited space available. Call to register at 541-5800, opt. 7.**

Cost: \$10
MOVE Member: \$5

Wed., June 12	12 p.m. – 1 p.m.
Sat., June 15	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., June 26	9:45 a.m. – 10:30 a.m.
Wed., July 24	9:45 a.m. – 10:30 a.m.
Wed., Aug. 28	9:45 a.m. – 10:30 a.m.
Wed., Sept. 25	9:45 a.m. – 10:30 a.m.
Wed., Oct. 23	9:45 a.m. – 10:30 a.m.
Wed., Nov. 27	9:45 a.m. – 10:30 a.m.

Squat Clinic

Instructor: Darius Long

Think you can squat? Learn the benefits of squatting, proper mechanics, and all the variations of proper squat form and how to use them in a gym and at home. **Call to register at 541-5800, opt. 7.**

Sept., 12, 19, 26, Oct., 3

Cost: \$30
Thursdays 7:30 p.m. – 8:15 p.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.

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. – 1:45 p.m.

*Mon. 7:15 p.m. – 8 p.m.

Wed. 5:35 p.m. – 6:20 p.m.

*Monday class held @ Crandell Park (3425 E Clinton Trail Charlotte, MI 48813), weather permitting, otherwise at ALIVE.

STRONG (B, I, A)

A HIIT workout with a twist. This workout syncs 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.



Zumba in SOAR

Volleyball Camp



Instructors: Ashley S.

Dive into the excitement of volleyball while learning fundamentals of serving, passing, and attacking to develop teamwork and sportsmanship. Participants will receive instruction to improve their game, whether the player is new to the sport or looking to enhance current skills. **Call to register at 541-5800, opt. 7.**

5th & 6th Grade: July 9, 11, 16, 18

7th & 8th Grade: July 9, 11, 16, 18

Cost: \$50

Tues. (5th & 6th grade) 4:15 p.m. – 6:15 p.m.

(7th & 8th grade) 6:30 p.m. – 8:30 p.m.

Thurs. (5th & 6th grade) 4:15 p.m. – 6:15 p.m.

(7th & 8th grade) 6:30 p.m. – 8:30 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.

Sat. 11 a.m. – 11:45 a.m.



Step & Sculpt in ENERGIZE

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.

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

Tues.	9 a.m. – 9:50 a.m.
Thurs.	9 a.m. – 9:50 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.

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.	8 a.m. - 8:55 a.m. 6:30 p.m. - 7:25 p.m.
Thurs	8 a.m. - 8:55 a.m.
Fri.	9 a.m. – 9:55 a.m.
Sat.	9 a.m. – 9:55 a.m.

Yoga: Chair (B)

Experience the benefits of yoga poses modified to be performed while seated, promoting flexibility, strength and relaxation. Whether you are recovering from an injury, have limited mobility or prefer a gentler approach, this seated practice is designed to make yoga accessible to all.



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

Fri.	10 a.m. – 10:45 a.m.
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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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EAT

Date Night: Japanese Hibachi

Instructors: Adrienne Bunce & Ellen Dreps

Grab a spouse, friend or family member and step into the captivating world of Japanese cuisine with our exclusive Hibachi Date Night! Embark on a culinary journey filled with sizzling flavors, aromatic aromas and good company. **Call to register at 541-5800, opt. 7.**

Cost: \$50/couple

Fri., Sept. 27

6 p.m. – 8p.m.

Date Night: Taste of Fall

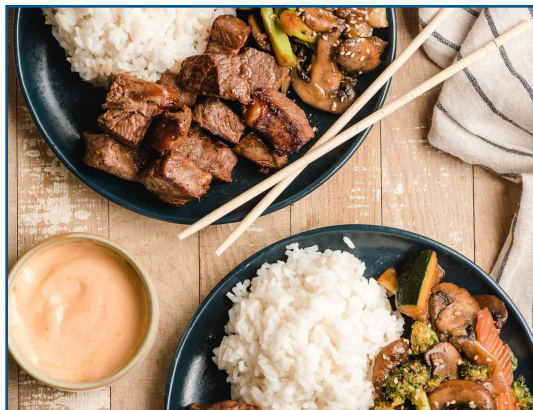
Instructor: Adrienne Bunce

Grab a spouse, best friend or family member to savor the tastes of fall. Learn how to make your very own fall mock-tail while enjoying a comforting fall dinner. **Register by calling 541-5800, opt. 7.**

Cost: \$50/couple

Fri., Oct. 18

6 p.m. – 8 p.m.



Date Night: Japanese Hibachi

Diabetes Cooking Class

Instructor: Hayley Walker, RDN
Sponsored By: Charlotte Lions Club

Join us for an empowering journey in this diabetes cooking class where we fuse flavor with mindful nutrition. This class is tailored to individuals managing diabetes. Learn how to make delicious meals while balancing blood sugar levels without the sacrifice of flavor.

Cost: FREE

Tues., Oct. 15

6 p.m. – 7 p.m.

Knife Skills

Instructor: Hayley Walker, MS, RDN

Learn basic knife skills involving safety, grip, and technique. Learn proper ways to chop, dice, slice and julienne your food making it not only eye appealing but easy to eat. **Call to register at 541-5800, opt. 7.**

Cost: \$10

Wed., Sept. 18

6 p.m. – 7 p.m.

Meal Prep Party

Instructor: Hayley Walker, MS, RDN & Ellen Dreps

Get back into the swing of things by creating freezer bag meals to pop in a crockpot or oven to keep your schedule running smoothly. Use ingredients provided to take home four meals all prepped and ready to go (feeds up to four people). **Call to register at 541-5800, opt. 7.**

Cost: \$80

Thurs., Aug. 22

6 p.m. – 8 p.m.

Sourdough Baking

Instructors: 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. **Call to register at 541-5800, opt. 7.**

Cost: \$30

Tues., Nov. 12

6 p.m. – 8 p.m.



Sourdough Baking

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@UMHSparrow.org.**

Cost: FREE

Wed., June 26	3:30 p.m. – 4:30 p.m.
Wed., July 24	3:30 p.m. – 4:30 p.m.
Wed., Aug. 28	3:30 p.m. – 4:30 p.m.
Wed., Sept. 25	3:30 p.m. – 4:30 p.m.
Wed., Oct. 23	3:30 p.m. – 4:30 p.m.
Wed., Nov. 20	3:30 p.m. – 4:30 p.m.



Barry-Eaton Baby Cafe

STRIDE

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. **For more information and current meeting times, contact MOVE at 517-543-9575.**

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



EXPLORE Plants

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

Thursdays* 3:30 p.m. – 5 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](https://www.tops.org) for pricing information or call 517-388-0581.**

Wed. 5:30 p.m. – 7:15 p.m.



STRIDE

THINK

PRESENTATIONS

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

MSP Internet Safety

Presenter: Det. Sgt. Johns

Learn how to keep yourself and your family safe on the internet with Michigan State Police Detective Sergeant Torey Johns. Aimed at all ages, take home ways to protect yourself in the cyber world, how to spot phishing scams, what to do in a dangerous scenario, and more. Questions welcome in this interactive presentation. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Wed., Sept. 11 6 p.m. – 7 p.m.

Professional Speaker Series: Hand & Wrist Pain

Presenters: Cole Christiansen OTR/L, CHT and Ryian Hubbard, OT

Discuss the common reasons for hand and wrist pain, and ways to protect yourself from an injury. Learn how occupational therapy can help combat new or old injuries to get your hands and wrists moving again. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Wed., Oct. 16 5:30 p.m. – 6:30 p.m.



Professional Speaker Series: Hand & Wrist Pain

Professional Speaker Series: Summer Skin Care

Presenter: Casie Hudson & Karen Shaftner, Licensed Estheticians

Learn how to help your skin glow inside and out this summer. Take home tips and tricks about healthy skincare options, how to spot toxic ingredients in your products and the proper steps in your facial skincare routine. Discuss the science behind skin, and how to protect and treat your skin at a cellular level. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Fri., June 21 6 p.m. – 8 p.m.

Weather & Exercise: Summer

Presenters: Jenna Edwards & Laura Vaughn, Clinical Exercise Physiologists

Learn how to safely exercise during the heat of summer, including proper apparel, hydration, temperature guidelines, air quality awareness, heat stroke symptoms and emergency preparedness. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Tues., June 11 2 p.m. – 3 p.m.



MSP Internet Safety

Weather & Exercise: Winter

Presenters: Jenna Edwards & Laura Vaughn, Clinical Exercise Physiologists

Learn how to safely exercise during the cold winter months, including proper apparel and footwear, breathing in cold air, warming up for snow/ice removal, heart attack symptoms and emergency preparedness. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Tues., Nov. 12 2 p.m. – 3 p.m.

Ultra Processed Foods

Presenter: Hayley Walker, RDN & Laura Fox, LMSW

Join our Registered Dietitian and our Behavior Health Therapist to discuss the connection between ultra processed foods and anxiety, depression, ADHD/ADD and the body's stress response. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Tues., Nov. 12 5:30 p.m. – 6:30 p.m.



Weather & Exercise: Winter

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., June 21	11:30 a.m. – 5 p.m.
Fri., Aug. 16	11:30 a.m. – 5 p.m.
Fri., Oct. 25	11:30 a.m. – 5 p.m.

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.



Family Fun Day

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.

Recreational Ukeology

Instructor: Sam Colegrove

Be the hit of the campfire this fall. Join in this interactive Ukulele class that will teach you all of the basics of the instrument. By the end of the four day workshop, you'll be able to play almost any song. **Limited to 12 registrants. Call to register at 541-5800, opt. 7. All dates included in registration fee. Ukelele's provided. Must bring three ring binder. Ages 12+.**

Sept. 9, 10, 16, 17

Cost: \$80

Mon. 7 p.m. – 9 p.m.

Tues. 7 p.m. – 9 p.m.



Succulent Wreath Making

Succulent Wreath Making

Instructor: Kori Johns

Create your own unique living piece of home decor using succulents and moss in this hands-on workshop. Learn how to arrange pieces to create a one of a kind wreath. **Limited registration. Call to register at 541-5800, opt. 7.**

Cost: \$40

Tues. Aug., 20

6 p.m. – 7 p.m.

Women's Health Event

Join us for this FREE, annual, community event that focuses on women's health. This event features a catered lunch, educational and interactive booths, health screenings, opportunities to dialogue with medical providers, merchandise to shop from local vendors, and more.

Cost: FREE

Sat., Nov. 9

10 a.m. – 1 p.m.



Women's Health Event

GROW

Baby Sign Language

Instructor: Ashley S.

Help your child communicate their needs through sign language. This program encourages parent and child attendance to practice and reduce communication barriers. *Two separate 6 week sessions will be offered. Call to register at 541-5800, opt. 7.*

Cost: \$45

Session 1: Aug. 19, 26, Sept. 9, 16, 23, 30

Session 2: Oct. 21, 28, Nov. 4, 11, 18, 25

Mon. 10 a.m. – 10:45 a.m.

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. *Call to register at 541-5800, opt. 7.*

Aug. 6: Fruit Pizza

Sept. 17: Basic Kitchen Skills

Nov. 19: Thanksgiving Sides

Cost: \$12/child per class

Tues. 6 p.m. – 6:45 p.m.



Make it Monday: Sensory Rice

Make it Monday

Instructors: GROW Team Members

Monday is craft day in GROW. Experience new or nostalgic crafts in these themed days. GROW supplies the craft and clean up, kids may take home their creations to keep or gift to loved ones.

June 17: Origami

June 24: Rock Painting

July 1: Slime

July 8: Birdhouses

July 15: Canvas Painting

July 22: Play Doh

July 29: Bracelet Making

Aug. 5: Sensory Rice

Aug. 12: Fuse Bead Designs

Cost: \$5/per craft

Mon. 8 a.m. – 12 p.m.
4:15 p.m. – 8 p.m.

Music and Movement

Instructor: Sam Colegrove

This child sing-along program is a combination of popular childrens songs, interactive activities, and playful story telling. Children encouraged to sing, dance and participate. *Call to register at 541-5800, opt. 7.*

Cost: FREE

Mon., June 3 10 a.m. – 10:30 a.m.

Mon., July 1 10 a.m. – 10:30 a.m.

Mon., Aug. 5 10 a.m. – 10:30 a.m.

Parents' Great Escape

Faciliators: GROW Team Members

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 5-12.

Pre-registration is required by the Wednesday prior to the event; call 517-541-5803.

Aug. 3: Schools Out Summer Bash

Oct. 26: SPOOKTACULAR

Nov. 23: Friendsgiving

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. – 8:30 p.m.



Parents' Great Escape: Friendsgiving

Preschool Sports Sampler

Instructors: GROW Team Members

This sports sampler class is designed to teach 2-5 year olds the basics of popular sports: t-ball, basketball, soccer, floor hockey, and volleyball. Each week a different sport is featured with the focus on age-appropriate instruction and basic skills development. **Three separate 5 week sessions will be offered. Call to register at 541-5800, opt. 7.**

Cost: \$40/child

Session 1: June 6, 13, 20, 27, July 11

Session 2: Aug. 8, 15, 22, 29, Sept. 5

Session 3: Oct. 3, 10, 17, 24, 31

Thursdays

11 a.m. - 11:45 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.

Summer StoryWalk®: "Pete the Cat: I Love My White Shoes" by Eric Litwin, James Dean, and Kimberly Dean

Fall StoryWalk®: "Mo's Mustache" by Ben Clanton



StoryWalk®



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

GROW monthly memberships are available to children of MOVE members. Visit myalive.com for pricing details.

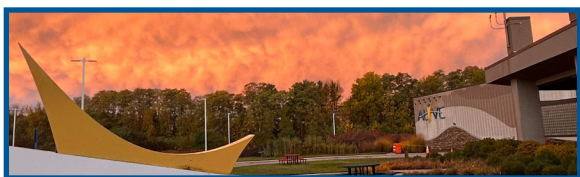
Current hours listed on page 2.



University of Michigan Health-Sparrow Eaton Service Directory

UM Health-Sparrow Eaton - 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
UofMHealthSparrow.org/Eaton.



800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

Main 517-541-5800

Fax 517-541-5810