



WINTER/SPRING PROGRAM GUIDE



December 1, 2024 - May 31, 2025
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 7:00 a.m. - 6:00 p.m.

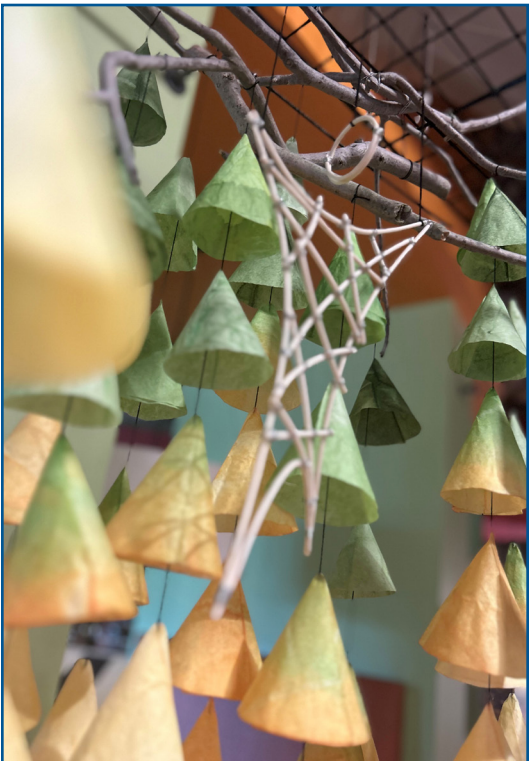
Holidays

ALIVE will be closed in observance of Christmas (Wed., Dec. 25), New Year's Day (Wed., Jan. 1), Easter (Sun., Apr. 20), and Memorial Day (Mon., May 26).

ALIVE will be open limited hours from 6:30 a.m. - 3 p.m. Christmas Eve (Tues., Dec. 24) and New Year's Eve (Tues., Dec. 31).

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)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH (Café)	541-5815



PERFORM Stage by NOURISH

Directory (continued)

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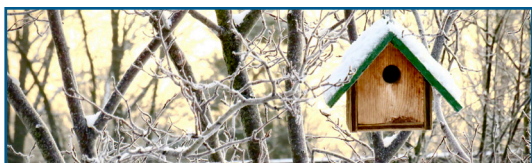
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Jenna Bergstrom

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Winter in PRESERVE

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), or 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.

- **WINTER FREE WEEK: Dec. 1 - Dec. 7**
Session 1: Dec. 8 - Jan. 18
Session 2: Jan. 19 - Mar. 1
- **SPRING FREE WEEK: Mar. 2 - Mar. 8**
Session 3: Mar. 9 - Apr. 19
Session 4: Apr. 20 - May 31

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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Dove on EXPLORE

SPECIAL EVENTS

DECEMBER

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- Dec. 7 Santa's Workshop Pg. 51
- Dec. 8 Session 1 Begins Pg. 6
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Santa's Workshop Prep

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Volleyball Camp:
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Diabetes Support Group

FEBRUARY

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- Feb. 14 Community Blood Drive Pg. 43
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- Feb. 19 Diabetes Support Group Pg. 40
- Feb. 25 Burrito Bowl & Go Pg. 38
- Feb. 26 Senior Steps Pg. 32
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Interactive Heart Health Event

MARCH

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- Mar. 5 Professional Speaker Series:
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- Mar. 9 Session 3 Begins Pg. 6
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Women's Health & Pelvic Floor Pg. 42
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Professional Speaker Series

APRIL

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Parent's Great Escape: Easter Eggstravaganza

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- May. 28 Senior Steps Pg. 32



Fun Fitness in SOAR

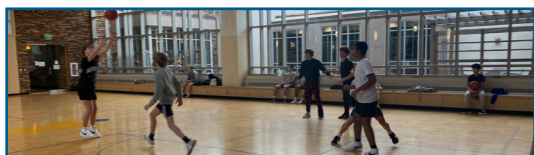
Weekly Schedule

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
9:50 a.m.–12 p.m.	Pickleball: Drop-In
10 a.m.–10:30 a.m.	Deep Stretch (AT)
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.	Lifting Ladies (MO)
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 (<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.–9:50 a.m.	Pilates (CJ)
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 (AS)
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training (AS)
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 (DG)
6:30 p.m.–7:30 p.m.	CrossFit
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
9:50 a.m.–12 p.m.	Pickleball: Drop-In
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10 a.m. – 10:45 a.m.	Lifting Ladies
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 (JE)
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.	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

Thursdays

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 (CC)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:50 a.m.	Pilates (CJ)
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 (AS)
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training (AS)
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.–7:15 p.m.	Line Dancing (JS)
6:30 p.m.–7:25 p.m.	Yoga: Basic (DG)
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In

Fridays

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.–9:55 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



CrossFit

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 (DG)
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.	JD = Jennifer D.
AS = Ashley S.	JE = Jenna E.
AT = Amanda 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.	VM = Vlad M.
DL = Darius L.	ZC = Zane C.
ED = Ellen D.	

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.



STRONG 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.	9:05 a.m. – 9:50 a.m.
Thurs.	9:05 a.m. – 9:50 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 Drumming in ENERGIZE

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.



Cardio Equipment in MOVE

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.

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



EXPLORE Walking Chips

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 in ENERGIZE

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 are encouraged to attend.

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. 5:35 p.m. – 6:20 p.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.	6:30 p.m. – 7:15 p.m.



Lifting Ladies in BUILD

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.



Pickleball: Adult Drop-In

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

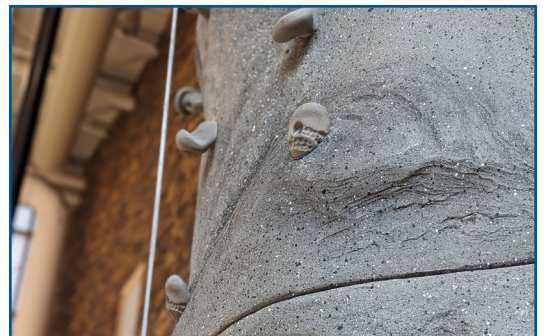
Mon.	9:50 a.m. – 12 p.m. 1:30 p.m. – 3 p.m.
Tues.	12 p.m. – 2 p.m. 4:30 p.m. – 6:30 p.m.
Wed.	9:50 a.m. – 12 p.m. 1:30 p.m. – 3 p.m.
Thurs.	12 p.m. – 2 p.m. 4:30 p.m. – 6:30 p.m.
Fri.	1:30 p.m. – 3 p.m.
Sat.	10 a.m. – 12 p.m.
Sun.	10 a.m. – 12 p.m.

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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ASCEND Rock Climbing

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., Jan. 22	9:45 a.m. – 10:30 a.m.
Wed., Feb. 26	9:45 a.m. – 10:30 a.m.
Wed., Mar. 26	9:45 a.m. – 10:30 a.m.
Wed., Apr. 23	9:45 a.m. – 10:30 a.m.
Wed., May 28	9:45 a.m. – 10:30 a.m.

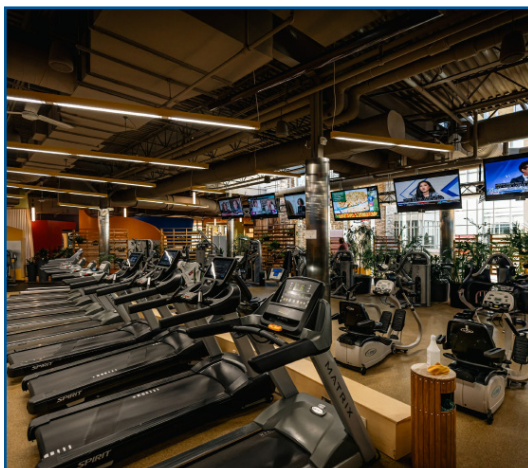
Step & Sculpt (B, I, A)

Improve cardiovascular endurance with the use of an aerobic exercise step. Enhance muscle strength in this high energy offering.



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

Mon.	9 a.m. - 9:45 a.m. 5:35 p.m. - 6:20 p.m.
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MOVE Floor

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

Mon.	7:15 p.m. – 8 p.m.
Wed.	5:35 p.m. – 6:20 p.m.
Sun.	1 p.m. – 1:45 p.m.

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.



STRONG in ENERGIZE

Total Body Row (I, A)



Instructor: Taylor Greshak

This six week session focuses on utilizing rowing machines and free weights to develop techniques that target all muscle groups in a high intensity, circuit style workout. **Limited registration. Call 541-5800, opt. 7 to register.**

Cost: \$30

April 3, 10, 17, 24 May 1, 8

Thursdays 6 p.m. – 6:45 p.m.



Total Body Row

Volleyball Camp

Instructor: 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: Jan. 21, 23, 28, 30

7th & 8th Grade: Jan. 21, 23, 28, 30

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.



Volleyball Camp

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. 6:30 p.m. - 7:25 p.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)

A physically challenging class that allows students to flow and focus on their breath while detoxifying the mind, body and spirit.

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

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

Burrito Bowl & Go

Instructor: Ellen Dreps

This lunch time offering gives you all the tips and tricks to incorporate healthy carbs and proteins into your every-day meals. Enjoy your lunch during the demonstration or take to-go. **Call to register at 541-5800, opt. 7.**

Cost: \$12

Tues., Feb. 25

12:15 p.m. – 1 p.m.

Power Bowl & Go

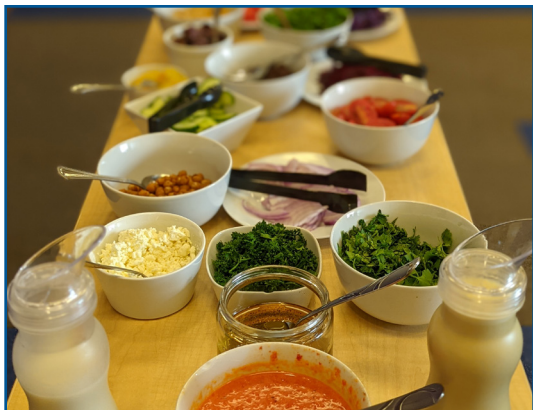
Instructor: Ellen Dreps

Enjoy your very own personalized power bowl during this conveniently-timed lunch break. Learn what grains, proteins and vegetables to use to create a delicious filling lunch. Not only will your stomach be satisfied but you'll leave with your brain feeling powerful too. **Call to register at 541-5800, opt. 7.**

Cost: \$12

Tues., Apr. 15

12:15 p.m. – 1 p.m.



Power Bowl & Go

Low-Carb Cooking

Instructor: Sue Smith

A positive look at how to start and manage a low-carb lifestyle that is full of flavor. Learn helpful shopping tips like how to read a food label and determine carb counts. Be introduced to brands and products well suited to low-carb living, sample tried and true recipes, and take home a comprehensive carb count list of foods to get you started on your new low-carb journey.

Cost: \$20

Tues., May 20

6 p.m. – 8 p.m.

Table For Two

Instructor: Jenna Bergstrom, MS, RDN

Learn how to cook for 1-2 people in this interactive RELISH offering. Understand portion sizing, taste hearty samples, and take home recipes. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., Mar. 27

12 p.m. – 1 p.m.

Using Your Sourdough Starter

Instructor: Adrienne Bunce

Learn how to incorporate your sourdough starter into every meal. Use your starter in an appetizer, main dish and even dessert. **Call to register at 541-5800, opt. 7.**

Cost: \$35

Tues., Feb. 18

6 p.m. – 8 p.m.

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 jenna.bergstrom@UMHSparrow.org.**

Cost: FREE

Wed., Dec. 18	3:30 p.m. – 4:30p.m.
Wed., Jan. 15	3:30 p.m. – 4:30 p.m.
Wed., Feb. 19	3:30 p.m. – 4:30 p.m.
Wed., Mar. 19	3:30 p.m. – 4:30 p.m.
Wed., Apr. 16	3:30 p.m. – 4:30 p.m.
Wed., May 21	3:30 p.m. – 4:30 p.m.



Diabetes Support Group

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.

Traumatic Brain Injury Support Group

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. Contact Anna Franklin at 517-667-0444 with any questions. **Occurs every 2nd and 4th Thursday of the month.***

Cost: FREE

Thursdays* 3:30 p.m. – 5 p.m.



Barry-Eaton Baby Cafe

THINK

PRESENTATIONS

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

Professional Speaker Series:

Dry Needling

Presenter: Karri Wills, PT

Learn about the benefits of dry needling, a specialized treatment approach rooted in modern Western medicine. Inserting fine, sterile needles into trigger points and muscle tissue, dry needling helps reduce tissue tension, improve mobility, and promote natural healing processes within the body. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Wed., Mar. 5 11 a.m. – 12 p.m.

Professional Speaker Series:

Women's Health and

Pelvic Floor

Presenters: Elizabeth Holt, PT & Alison Dosmann, PT, DPT

Learn how to care for and strengthen the pelvic floor and general women's health topics in this free offering. Hear about a variety of treatments and therapy techniques available to all ages.

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

Cost: FREE

Mon., Mar. 10 11 a.m. – 12 p.m.

Interactive Heart Health Event

Join this interactive, educational event covering how various elements such as exercise, nutrition and a healthy mindset can positively impact cardiovascular health. **Lunch is provided for those who pre-register by Friday, February 7; call 543-9575.**

Cost: FREE

Tues., Feb. 11 11:30 a.m. – 1 p.m.

WORKSHOPS

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

Community Blood Drive

Facilitator: Red Cross Volunteers

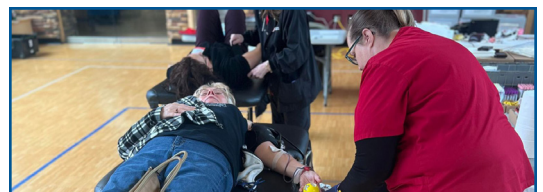
Blood donation is vital to keeping our community safe. **Sign-up in advance as a donor at redcrossblood.org (use code Alive in the "make your appointment" field) or call 1.800.RED.CROSS (1-800-733-2767) to request a reservation.** Two timeslots available every 15 minutes during drive.

Cost: FREE

Fri., Dec. 20 12 a.m. – 6 p.m.

Fri., Feb. 14 12 a.m. – 6 p.m.

Fri., Apr. 25 12 a.m. – 6 p.m.



Community Blood Drive in SOAR

DIY Holiday Gifting

Instructor: Ashley S.

Channel your inner elf as you DIY holiday gifts this season. Featuring homemade bath bombs and liquid body wash, learn how to make both and wrap it all together in a bow, ready to take home or give as a gift. **Call to register at 541-5800, opt. 7.**

Cost: \$30

Thurs., Dec. 12

6 p.m. – 8 p.m.

DIY Spring Things

Instructor: Ashley S.

Be inspired by spring blooms with essential oils and create your own wax melts and car air fresheners. Learn how to DIY these takeaways for yourself or give as a gift. **Call to register at 541-5800, opt. 7.**

Cost: \$30

Thurs., May 8

6 p.m. – 8 p.m.

Family Fun Day

Join us for this FREE, fun, activity-filled event featuring complimentary snacks, face painting, crafts led by GROW caregivers, field day activities and more. Prizes will be awarded at various stations where activities occur. Complete an event 'passport' for a chance to win a grand prize. Registration not required.

Cost: FREE

Sat., June 7

10 a.m. – 1 p.m.

Good Form Walking and Running

Instructor: Playmakers

Launched in 2006 after years of research and testing, Good Form Running & Walking focuses on teaching three simple points that Playmakers believes can help anyone move more efficiently and with reduced risk of injury. Occurs every second Thursday of each month.

Register at goodform.playmakers.com.

Cost: FREE

Walking 4 p.m. – 5:15 p.m.

Running 5:30 p.m. – 7 p.m.

Injury Clinic

Instructors: 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

Recreational Ukeology

Instructor: Sam Colegrove

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. Ukulele's provided. Must bring three ring binder. Ages 12+.**

Jan. 6, 7, 13, 14

Cost: \$80

Mon. 7 p.m. – 9 p.m.

Tues. 7 p.m. – 9 p.m.

Ukulele Chord Shapes

Instructor: Sam Colegrove

Learn the foundation of chords to play songs on the ukulele that are essential for making music. **Limited to 12 registrants. Call to register at 541-5800, opt. 7. Ukulele's provided. Ages 12+.**

Cost: \$35

Tues., Jan. 21 7 p.m. – 9 p.m.



Ukulele Chord Shapes

Spring Wreath Making

Instructor: Kori Johns

Be inspired by blooms in Spring to make your own grapevine wreath. This offering teaches participants how to arrange and style different artificial flowers to make a beautiful arrangement to be used year after year. **Limited registration. Call to register at 541-5800, opt. 7.**

Cost: \$30

Thurs. Mar., 27 6:30 p.m. – 7:30 p.m.

Stress Less with Mindfulness

**Instructor: Abigail Cudney,
MSU Extension**

This five week program consists of five, 1.5-hour sessions with topics on mindful breathing, moving, eating, walking, thought surfing and more. The series introduces basic mindfulness concepts and practices to reduce stress and related symptoms. Practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes. **Call to register at 541-5800, opt. 7.**

Cost: FREE

January 14 - February 11

Tuesdays 12:30 p.m. – 2 p.m.



Spring Wreath Making

GROW

Glow Drumming

Instructor: Mindy Otto

Kids take part in this glow themed workout class. Light up the room with fun LED provided props in this low-impact, high-energy offering. Parents welcome to attend with children. **Call to register at 541-5800, opt. 7.**

Cost: \$10/child

GROW Member: \$5/child

Wed., Feb. 19 7:15 p.m. – 7:45 p.m.

Kids' Table: Love at First Bite

Instructor: Adrienne Bunce

Make themed heart-shaped pizzas and craft personalized Valentine's Day cards for a special someone. Come cook, create, and celebrate Valentine's Day in GROW. **Call 517-541-5803 to register.**

Cost: \$12/child per class

Mon., Feb. 10 6 p.m. – 6:45 p.m.



Kids' Table: Love at First Bite

Kids' Table: Lucky Traps & Snacks

Instructor: Adrienne Bunce

Participants create their very own leprechaun trap to take home, all while enjoying some fun, healthy, green snacks. The perfect way to celebrate St. Patrick's Day with a bit of crafty magic in GROW. **Call to register at 541-5800, opt. 7.**

Cost: \$12/child per class

Mon., Mar. 17 6 p.m. – 6:45 p.m.

Mommy & Me Yoga

Instructor: Mindy Otto

Celebrate Mother's Day with a special yoga offering, designed to honor the bond between mothers and their little ones. This heartwarming session combines gentle yoga poses, playful interactions, and mindful breathing; all centered around love and connection. Perfect for all levels. Pricing includes child and parent.

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

Cost: \$10/child

GROW Member: \$5/child

Thurs., May 8 6 p.m. – 6:40 p.m. (Ages 3-5)
6:45 p.m. – 7:15 p.m. (Ages 6-12)



Mommy & Me Yoga

Parents' Great Escape: Easter Eggstravaganza

Facilitators: GROW Team Members

Hop into the excitement at Parent's Great Escape: Easter Eggstravaganza where the Easter Bunny will be making a special appearance. Kids unleash their creativity by decorating Easter eggs followed by an Easter egg hunt filled with surprises. A perfect night for parents to drop off their little ones for a fun-filled adventure while enjoying a well-deserved night out. Dinner provided. Ages 5-12. **Must register by Wednesday, April 16; call to register at 541-5800, opt. 7.**

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

GROW Member:
\$25 first child
\$20 per add'l child (same household)
Sat. Apr. 19 5 p.m. – 8:30 p.m.

Parkour

Instructor: Charlotte Public Library

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
January 10 - February 14
April 11 - May 16
Fridays 10 a.m. - 10:30 a.m.

Santa's Workshop

Instructors: GROW Team Members

Get ready for an unforgettable Santa experience. Step into Santa's workshop filled with holiday magic. Santa himself will be there to hear Christmas wishes, enjoy delicious cookies, write letters to Santa, make your own reindeer food, and take on exciting minute-to-win-it challenges. This open house event is packed with festive surprises for the whole family.

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

Cost: \$10/child or \$25/family

Sat., Dec. 7 1 p.m. – 3 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.

Spring StoryWalk®:

"The Best Place in the World" by Petr Horacek



Parents' Great Escape: Easter Eggstravaganza



MOVE, a fitness center, brings health and wellness to life in a state-of-the-art space.

MOVE offers a wide array of fitness services with something for all, from personal training and group exercise to recreation and a workout floor complete with state-of-the-art equipment.

MOVE Membership Pricing Information:

- \$51 - single member
- \$20 - second person, same household
- \$15 - third person, same household
- \$10 - any additional household members

Please call 543-9575 for more information.



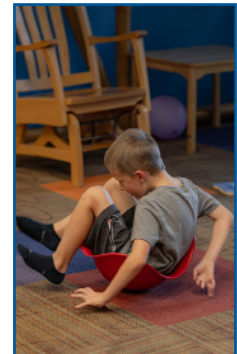
GROW is a recreational and enrichment area for children ages 3 months to 12 years.

GROW offers adults flexibility to participate in building activities while kids thrive in this play-based learning environment. Social interaction flourishes as kids choose to climb the treehouse or partake in arts and crafts.

GROW Membership Pricing Information (for 18 months and up):

- \$25 - single member
- \$15 - any additional household members
- Drop-in rate - \$5/hour, per child (for non-GROW members)

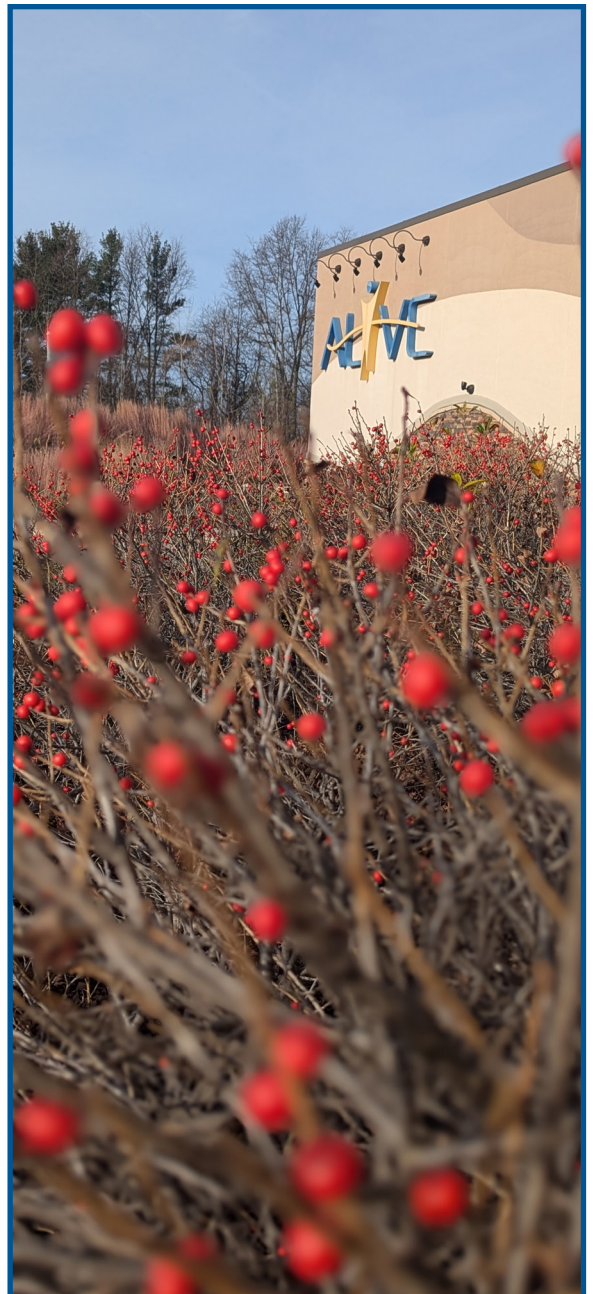
Please call 541-5803 for more information.



UM 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



UNIVERSITY OF MICHIGAN HEALTH-SPARROW
MICHIGAN MEDICINE