



SUMMER/FALL PROGRAM GUIDE



June 1 - November 29, 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 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 Independence Day (Fri., July 4), Labor Day (Mon., Sept. 1), and Thanksgiving (Thurs., Nov. 27).

ALIVE will be open limited hours from 6:30 a.m. - 3 p.m. on Black Friday (Fri., Nov. 28).

Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 7
General Information	541-5800, opt. 6
ALIVE Clinical Services	541-5806
FUSE	541-5886
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH (Café)	541-5815



Fall Colors in PRESERVE

Directory

Dr. Jamie Mueller-Smith, DO

ALIVE Medical Director
517-541-5886

Jacob Campbell

Director of ALIVE Operations
jacob.campbell@UMHsparrow.org

Ellen Dreps

ALIVE Health & Wellness Manager
ellen.dreps@UMHsparrow.org

Jacob Brown

EMPOWER Supervisor
jacob.brown@UMHsparrow.org

Jenna Edwards

Cardiopulmonary Supervisor
jenna.edwards@UMHsparrow.org

Laura Fox

Behavioral Health Services Supervisor
laura.fox@UMHsparrow.org

Danielle Gillentine

GROW Supervisor
danielle.gillentine@UMHsparrow.org

Taylor Greshak

ALIVE Events & CREATE Supervisor
taylor.greshak@UMHsparrow.org

Jenna Bergstrom

Diabetes Education Coordinator
jenna.bergstrom@UMHsparrow.org



PRESERVE in Bloom

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 patrons, staff, and volunteers with kindness and respect. Discrimination, harassment, or any form of abusive behavior (verbal or physical) will not be tolerated.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program.
- Respect the personal space of others. Maintain an appropriate distance during interactions and activities and do not use external speakers.
- Payment for pay-added services must be made prior to participation.
- NOURISH is available to accommodate food and beverage needs. Please refrain from bringing outside food into ALIVE.
- Respect the facility and do not engage in any activity that could cause damage, use facilities and equipment for their intended purpose, 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.
- Phones are not allowed to be used in any way while in the locker rooms.
- The indoor walking path (EXPLORE) is for walking only.

Failure to comply with these policies could result in the loss of ALIVE privileges and or legal action.

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 1 - June 7**
Session 1: June 8 - July 19
Session 2: July 20 - Aug. 30

Session 3: Aug. 31 - Oct. 11
- **FALL FREE WEEK: Oct. 12 - Oct. 18**
Session 4: Oct. 19 - Nov. 29

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 Key Tags

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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RELISH Demonstration Kitchen

SPECIAL EVENTS

JUNE

- June 1 SUMMER FREE WEEK Begins Pg. 6
- June 4 Tiny Tumblers Begins Pg. 51
- June 7 Family Fun Day Pg. 45
- June 8 Session 1 Begins Pg. 6
- June 12 Good Form Walking and Running Pg. 45
Traumatic Brain Injury
Support Group Pg. 41
- June 14 Intro to Bee Keeping Pg. 43
- June 18 Diabetes Support Group Pg. 40
Playdough Making Pg. 49
- June 20 Community Blood Drive Pg. 43
- June 23 Slime Time Pg. 50
- June 24 Sports Conditioning Camp Begins
(Ages 8-12) Pg. 50
Sports Conditioning Camp Begins
(Ages 13-18) Pg. 33
- June 25 Senior Steps Pg. 32
- June 26 Traumatic Brain Injury
Support Group Pg. 41



Walkers on EXPLORE

JULY

- July 2 Tiny Twirlers Begins Pg. 51
- July 10 Good Form Walking and Running Pg. 45
Traumatic Brain Injury
Support Group Pg. 41
- July 11 Community Blood Drive Pg. 43
Parkour Begins Pg. 49
- July 16 Playdough Making Pg. 49
Diabetes Support Group Pg. 40
- July 20 Session 2 Begins Pg. 6
- July 21 Slime Time Pg. 50
- July 23 Senior Steps Pg. 32
- July 24 Traumatic Brain Injury
Support Group Pg. 41
- July 31 Frontier Days Dance
practice Begins Pg. 27



Diabetes Support Group

AUGUST

- Aug. 4 Professional Speaker Series:
Comprehensive Pain Management Pg. 42
- Aug. 6 Tiny Tappers Begins Pg. 51
- Aug. 13 Playdough Making Pg. 49
- Aug. 14 Bento Lunch Boxes Pg. 38
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- Aug. 15 Community Blood Drive Pg. 43
- Aug. 18 Slime Time Pg. 50
- Aug. 19 Juicing How To Pg. 38
- Aug. 20 Diabetes Support Group Pg. 40
- Aug. 27 Senior Steps Pg. 32
- Aug. 28 Traumatic Brain Injury
Support Group Pg. 41
- Aug. 31 Session 3 Begins Pg. 6



Community Blood Drive

SEPTEMBER

- Sept. 3 Tiny Tumblers Begins Pg. 51
Frontier Days Dance Performance Pg. 27
- Sept. 4 Frontier Days Dance Performance Pg. 27
- Sept. 6 Live Life Nspired 5K Pg. 30
- Sept. 11 Good Form Walking and Running Pg. 45
Traumatic Brain Injury
Support Group Pg. 41
- Sept. 12 Kids Karaoke Pg. 48
- Sept. 16 Using Your Sourdough Starter Pg. 39
- Sept. 17 Playdough Making Pg. 49
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- Sept. 22 Slime Time Pg. 50
Professional Speaker Series:
Pelvic Health Pg. 42
- Sept. 24 Senior Steps Pg. 32
- Sept. 25 Traumatic Brain Injury
Support Group Pg. 41
- Sept. 30 Sushi Roll & Go Pg. 39



Slime Time

OCTOBER

- Oct. 1 Tiny Tappers Begins Pg. 51
- Oct. 6 Dementia Caregiver
Series Begins Pg. 44
Slime Time Pg. 50
- Oct. 7 Key to Embracing Aging Begins Pg. 46
- Oct. 9 Good Form Walking and Running Pg. 45
Traumatic Brain Injury
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- Oct. 12 FALL FREE WEEK Begins Pg. 6
- Oct. 14 Power Bowl & Go Pg. 39
- Oct. 15 Playdough Making Pg. 49
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- Oct. 17 Kids Karaoke Pg. 48
- Oct. 19 Session 4 Begins Pg. 6
- Oct. 22 Senior Steps Pg. 32
- Oct. 23 Traumatic Brain Injury
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- Oct. 24 Community Blood Drive Pg. 43



Power Bowl & Go

NOVEMBER

- Nov. 5 Tiny Twirlers Begins Pg. 51
Glow Drumming Pg. 48
- Nov. 6 Instant Pot Meals Pg. 38
- Nov. 7 Kids Karaoke Pg. 48
- Nov. 8 Women's Health Event Pg. 47
- Nov. 10 Recreational Ukulele Begins Pg. 46
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- Nov. 13 Good Form Walking and Running Pg. 45
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DIY Face Masks Pg. 44
- Nov. 19 Playdough Making Pg. 49
Diabetes Support Group Pg. 40
- Nov. 25 Kids Table: Friendsgiving Pg. 48
- Nov. 26 Traumatic Brain Injury
Support Group Pg. 41



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 (JD)
- 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
- 5 p.m.–5:30 p.m. Tabata Bootcamp (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.–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 (JL)
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training (JL)
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



Pickleball 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
5 p.m.–5:30 p.m.	Tabata Bootcamp (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
7:15 p.m.–8 p.m.	Strength & Conditioning (CD)

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.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:45 a.m.	Zumba: Chair (CL)
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training (JL)
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.–7:30 p.m.	CrossFit
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In



CrossFit in SPARK

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.	Pilates (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Yoga: Chair (DG)
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 p.m.–7 p.m.	Volleyball: Drop-In
5:30 p.m.–6:30 p.m.	CrossFit



Pickleball in SOAR

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.–2:30 p.m.	Volleyball: Drop-In



Yoga: Basic in ENERGIZE

Instructors

AP = Alicia P.	JD = Jennifer D.
AT = Amanda T.	JE = Jenna E.
CC = Christina C.	JS = Jennifer S.
CD = Chrissy D.	JL = Josh L.
CJ = Cheryl J.	MM = Morene M.
CL = Christina L.	MO = Mindy O.
DG = Danielle G.	TG = Taylor G.
DL = Darius L.	
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.



CrossFit in SPARK

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: \$50/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.

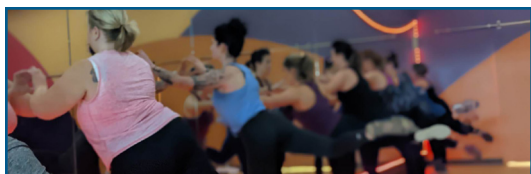
Basketball: Adult Drop-In

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 in ENERGIZE

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.

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: \$50/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: \$50/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: \$50/six-week session

MOVE Member: FREE

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



Circuit Training

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: \$50/six-week session

MOVE Member: FREE

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

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: Jul. 31, Aug. 7, 14, 21, 28

**Performances: Wed., Sept., 3,
& Thurs., Sept. 4**

Cost: \$45

MOVE Member: \$30

Thurs.(practices): 6:30 p.m. – 7:30 p.m.



Frontier Days Dance at Frontier Days Saloon

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

Tues.	8 a.m. – 8:45 a.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: \$50/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: \$50/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: \$50/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.



Group Cycling Spin & Sculpt

Line Dancing (B, I)



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

Cost: \$50/six-week session
MOVE Member: FREE

Wed. 11 a.m. – 11:45 a.m.

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. **Scan the QR code below for early registration dates, pricing, and race details.**

Sat., Sept. 6 9:15 a.m.



LLN QR Registration LIVE LIFE NSPIRED 5K

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: \$50/six-week session
MOVE Member: FREE

Tues. 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: 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.



Live Long, Live Strong

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.

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 25	9:45 a.m. – 10:30 a.m.
Wed., July 23	9:45 a.m. – 10:30 a.m.
Wed., Aug. 27	9:45 a.m. – 10:30 a.m.
Wed., Sept. 24	9:45 a.m. – 10:30 a.m.
Wed., Oct. 22	9:45 a.m. – 10:30 a.m.



Senior Steps Group Session

Sports Conditioning Camp (B, I, A)

This all-level program is designed to help student-athletes across all sports build strength, increase speed, and improve overall athleticism. Through targeted drills, functional training, and expert coaching, athletes will develop the power and performance needed to excel in their game. Includes a special piece of exercise equipment and exercise training plan to continue training after the program ends. Ages 13-18. **Call to register at 541-5800, opt. 7.**

Cost: \$30

June 24, 25, 26 10:30 a.m. - 11:30 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: \$50/six-week session

MOVE Member: FREE

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



Step & Sculpt in ENERGIZE

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: \$50/six-week session

MOVE Member: FREE

Mon.	7:15 p.m. – 8 p.m.
Wed.	7:15 p.m. – 8 p.m.
Sun.	1 p.m. – 1:45 p.m.

STRONG (I, A)

A H.I.I.T 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: \$50/six-week session

MOVE Member: FREE

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

Tabata Bootcamp (I, A)

Tabata Bootcamp is a high-intensity, interval-based group exercise class that combines cardio, strength, and endurance training to improve overall fitness.

Cost: \$50/six-week session

MOVE Member: FREE

Mon.	5 p.m. – 5:30 p.m.
Wed.	5 p.m. – 5:30 p.m.



Strength & Conditioning in BLAST

Volleyball (B, I, A)

Full access to SOAR to organize a pick-up game, work on skills and have fun.

Cost: \$5/drop-in

MOVE Member: FREE

Fri.	5 p.m. – 7 p.m.
Sun.	1 p.m. – 2:30 p.m.

Zumba (B, I)

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

Cost: \$50/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.

Zumba: Chair (B, I)

This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A workout that focuses on defining your muscles and improving overall cardiovascular health.

Cost: \$50/six-week session

MOVE Member: FREE

Thurs.	10 a.m. – 10:45 a.m.
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Zumba in ENERGIZE

BREATHE

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: \$50/six-week session
MOVE Member: FREE

Fri. 9 a.m. – 9:55 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: \$50/six-week session
MOVE Member: FREE

Wed. 5:45 a.m. – 6:35 a.m.

Sat. 8:05 a.m. – 8:55 a.m.



PiYo in ENERGIZE

Yoga: Basic (B)

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

Cost: \$50/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.

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: \$50/six-week session
MOVE Member: FREE

Fri. 10 a.m. –10:45 a.m.



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: \$50/six-week session
MOVE Member: FREE

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

EAT

Bento Lunch Boxes

Instructor: Jenna Bergstrom, MS, RDN

Prepare quick and easy meal and snack options to help kids perform their best during the school day. These balanced meals and snacks will leave you or your child energized throughout the day. *Call to register at 541-5800, opt. 7.*

Cost: \$20

Thurs., Aug. 14

4 p.m. – 5 p.m.

Instant Pot Meals

Instructor: Jenna Bergstrom, MS, RDN

Create effortless meals perfect for busy families, novice cooks or anyone wanting to learn more about how to use an Instant Pot. This beginner class will break down the basics of using an Instant Pot with delicious and quick recipes to prepare at home.

Cost: \$20

Thurs., Nov. 6

6 p.m. – 7 p.m.

Juicing How To

Instructor: Taylor Greshak

Discover the vibrant world of juicing in this fresh, nutrient packed class. Learn how to select produce, balance flavors, and create a fun way to include your daily fruits and vegetables in one glass. *Call to register at 541-5800, opt. 7.*

Cost: \$15

Tues., Aug. 19

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., Oct. 14

12:15 p.m. – 1 p.m.

Sushi Roll & Go

Instructor: Ellen Dreps

Join us for a hands-on sushi-making experience where you'll learn to roll like a pro. Create two rolls from scratch, guided step-by-step. From selecting fresh ingredients to mastering the perfect roll, you'll leave with new skills and tasty creations to enjoy. *Call to register at 541-5800, opt. 7.*

Cost: \$12

Tues., Sept. 30

12:15 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: \$30

Tues., Sept. 16

6 p.m. – 8 p.m.

SUPPORT

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., June 18	3:30 p.m. – 4:30p.m.
Wed., July 16	3:30 p.m. – 4:30 p.m.
Wed., Aug. 20	3:30 p.m. – 4:30 p.m.
Wed., Sept. 17	3:30 p.m. – 4:30 p.m.
Wed., Oct. 15	3:30 p.m. – 4:30 p.m.
Wed., Nov. 19	3:30 p.m. – 4:30 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 517-388-0581.*

Wednesdays	5:30 p.m. – 7:15 p.m.
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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.



TOPS

THINK

PRESENTATIONS

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

Professional Speaker Series: Comprehensive Pain Management

Presenters: EMPOWER Clinicians

Learn how chronic pain can be managed through a holistic approach addressing the whole person through a multidisciplinary team of specialists. This presentation will explain the benefits behind this approach as well as empower patients to be advocates in managing their pain symptoms. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Mon., Aug. 4 11 a.m. – 12 p.m.

Professional Speaker Series: Pelvic Health

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., Sept. 22 11 a.m. – 12 p.m.

Intro to Bee Keeping

Presenter: John Bush of Heroes to Hives

Learn what it takes to become a beekeeper, explore the inner workings of a honeybee hive, and get familiar with the essential tools used to care for a colony. This program also highlights Michigan native plants you can grow to help support local pollinators. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Sat., June 14 11 a.m. – 12 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., June 20	12 p.m. – 6 p.m.
Fri., July 11	12 p.m. – 6 p.m.
Fri., Aug. 15	12 p.m. – 6 p.m.
Fri., Oct. 24	12 p.m. – 6 p.m.
Fri., Dec. 19	12 p.m. – 6 p.m.

Dementia Caregiver Series

Instructor: Tri County Office of Aging

An evidence-informed educational workshop ideal for those caring for a person with dementia or Alzheimer's Disease. The goal of the series is to reduce caregiving stress by providing useful tools and information.

October 6, 13, 20

Cost: FREE

Mondays 1 p.m. – 2:30 p.m.

DIY Face Masks

Instructor: Ashley S.

Pamper yourself in this DIY workshop. Learn how to formulate and create facemasks for your skin type and needs. Take home a finished product ready to use for your next at home spa night. **Call to register at 541-5800, opt. 7.**

Cost: \$30

Thurs., Nov. 13 6 p.m. – 8 p.m.



DIY Face Masks

Family Fun Day

Join us for this FREE, fun activity-filled event featuring complimentary food (*while supplies last*), face painting, crafts led by GROW caregivers, field day activities and more. Prizes will be awarded at various stations where activities occur. Complete an adventure map for a chance to win a grand prize.

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.

Register at goodform.playmakers.com.

July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13

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 517-541-5806 to schedule.**

Cost: FREE

Mon. - Thurs. 6:30 a.m. – 6:30 p.m.

Fri. 6:30 a.m. – 5:30 p.m.

Key to Embracing Aging

Instructor: Abigail Cudney,
MSU Extension

This 6 week program is for any age adult that looks at the importance of lifestyle and behaviors for living well. This research based information helps create a full life for all of your years to come.

October 7 - November 11

Cost: FREE

Tuesdays 1 p.m. – 2:30 p.m.

Recreational Ukulele

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

Nov. 10, 11, 17, 18

Cost: \$80

Mon. 7 p.m. – 9 p.m.

Tues. 7 p.m. – 9 p.m.



Recreational Ukelele

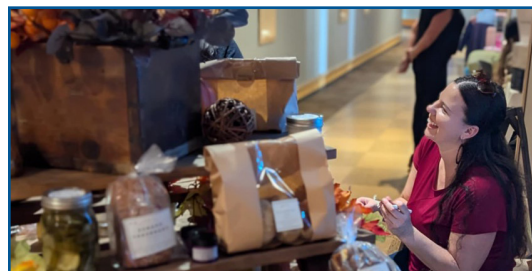
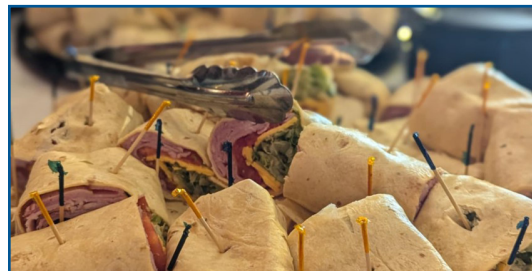
Women's Health Event

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. 8

10 a.m. – 1 p.m.



Women's Health Event

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., Nov. 5 7:15 p.m. – 7:45 p.m.

Kids' Table: Friendsgiving

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 517-541-5803 to register.*

Cost: \$12/child per class

Tues., Nov. 25 6 p.m. – 6:45 p.m.

Kids Karaoke

Instructors: GROW Team Members

A fun filled night of singing and laughter for the whole family. Let your little rockstars take the stage and belt out their favorite tunes. All Ages welcome. Registration not required.

Sept. 12, Oct. 17, Nov. 7

Cost: FREE

Fridays 6 p.m. – 6:45 p.m.

Playdough Making

Instructors: GROW Team Members

A hands on sensory experience where kids get to mix, knead, and create their own playdough to take home. Ages 4 and up. *Call 517-541-5803 to register.*

**June 18, July 16, Aug. 13, Sept. 17,
Oct. 15, Nov. 19**

Cost: \$10/child

GROW Member: \$5/child

Wednesdays 11 a.m. – 11:30 a.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

July 11 - August 15

Fridays 10 a.m. - 10:30 a.m.

Santa's Workshop

Instructors: GROW Team Members

Step into Santa's workshop filled with holiday magic. Santa himself will be there to hear your Christmas wishes, enjoy delicious cookies, write letters to Santa and make your own reindeer food. This open house event is packed with festive fun for the whole family.

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

Sat., Dec. 6 1 p.m. - 3:00 p.m.

Slime Time

Instructors: GROW Team Members

Get ready for a gooey good time. Kids will mix, stretch and create their own colorful slime to take home. Ages 6-12.

**June 23, July 21, Aug. 18,
Sept. 22, Oct. 6, Nov. 10**

Cost: \$10/child

GROW Member: \$5/child

Mondays 6 p.m. – 6:45 p.m.

Sports Conditioning Camp

Instructor: Ashley S.

This Sports Conditioning Camp is designed to help you level up in any sport. Through focused drills, functional training, and expert coaching, young athletes build the skills to improve athleticism. Take home a special piece of equipment and a personalized workout plan to continue your training after camp. Ages 8-12. **Call to register at 541-5800, opt. 7.**

Cost: \$30

June 24, 25, 26 9:15 a.m. - 10:15 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. Books change seasonally.



StoryWalk®

Tiny Tappers

Instructor: Danielle G.

A fun beginner tap class for young dancers to explore rhythm, movement and music. All while making noise and having fun. Leotard and tap shoes encouraged. Ages 3-5.

Aug. 6 - 27 & Oct. 1 - 22

Cost: \$30 (per 4 week session)

GROW Member: \$25 (per 4 week session)

Wednesdays 10 a.m. - 10:45 a.m.

Tiny Tumblers

Instructor: Danielle G.

A 4 week session introducing basic gymnastic skills with a focus on coordination and flexibility. Perfect for little ones eager to roll, balance and move. Gymnastics attire encouraged. Ages 4-7

June 4 - 25 & Sept. 3 - 24

Cost: \$30 (per 4 week session)

GROW Member: \$25 (per 4 week session)

Wednesdays 10 a.m. - 10:45 a.m.

Tiny Twirlers

Instructor: Danielle G.

A 4 week session offering a fun and playful introduction to dance designed for toddlers. This class encourages movement, rhythm and creativity through music and imaginative play. Pink leotards and ballet slippers encouraged. Ages 3-5.

July 2 - 23 & Nov. 5 - 26

Cost: \$30 (per 4 week session)

GROW Member: \$25 (per 4 week session)

Wednesdays 10 a.m. - 10:45 a.m.



MOVE, the 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
*one time enrollment fee

Please call 543-9575 for more information.



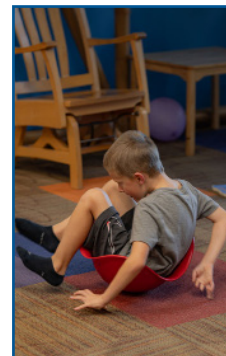
GROW is a recreational and
enrichment area for children
ages 3 months to 12 years.

GROW offers adults flexibility to participate in building-wide 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 543-9508
Anticoagulation Clinic	541-5861
Breast Care Center	541-5805
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	541-5892
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	541-5806
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