

HOURS OF OPERATION

MOVE is conveniently open seven days a week. Inquire at ENCOUNTER or check the program guide for current hours of operation.

MONTHLY RATES

There is a one-time \$100 Health Enrollment Fee per household (not per person) for new memberships.

Membership fees may be paid via month-to-month Electronic Funds Transfer from a checking, savings or credit card account or paid annually in full at the time of sign-up.

Single member	\$51
Add a second person in the household for	\$20
Add third person in the household for	\$15
Add additional household members for	\$10

Memberships are available for individuals 13 years and older. *Children ages 9-12 are able to utilize MOVE by completing the Little Lifter program and can use the facility when accompanied by a parent/guardian.*

Seniors (65 years and older) receive a 10% discount on the prices above.

The Charlotte Aquatic Center and CrossFit Fade are available as membership add-ons. Please check with MOVE on current pricing.

Corporate rates are available. Please ask at work if your company participates.



800 W. Lawrence Avenue,
Charlotte, Michigan 48813



Become a *Move* member



WELCOME

MOVE is the fitness center at **ALIVE**, an experience-based, destination health park.

MOVE is uniquely designed to eliminate the barriers to physical activity and fitness. Join people of all shapes, sizes and ages taking charge of their health and getting results. Step inside and find a bright and lively environment full of energy and excitement, including:

- **BLAST**, an open space ideal for any dynamic exercise.
- **BREATHE**, a more intimate exercise space secluded in a park-like setting.
- **BUILD**, a more traditional area for free-weights, functional training and a selectorized strength-training equipment.
- **ENERGIZE**, a state-of-the-art studio fully equipped for an exceptional group exercise experience.
- **PULSE**, a well-equipped and technically advanced cardiovascular exercise area.
- **SPARK**, a large workout space designed for high-intensity exercise, power movements and CrossFit.
- **INDULGE**, men's and women's locker rooms featuring dry saunas where members are pampered with spa-like amenities.

MOVE has the team members, programming and equipment to meet your individual needs. Whether you are new to exercise or an experienced athlete, **MOVE** can help you reach your goals.

Visit myalive.com for more information or call (517) 543-9575.

MEMBERSHIP BENEFITS

- Degreed staff and certified trainers on site to assist members at all times.
- Numerous, FREE group exercise classes and recreational activities per week.
- Complimentary pre- and post-Basic Clinical Assessment package. Includes body composition analysis, cardiovascular assessment and flexibility assessment, as well as individualized program design.
- Discounts on personal and group training.
- Ability to earn prizes through member incentive program.
- Ability to add **GROW** (child care) memberships locker rentals and laundry service.
- Opportunities for membership add-ons to the Charlotte Aquatic Center and CrossFit Fade.

Pick up a program guide or visit myalive.com for more information about classes and programs.



ADDITIONAL AMENITIES

- **DIRECT**, large open space used for events, meetings and additional programming.
- **GROW**, a supervised recreation and enrichment area for children ages three months to 12 years, featuring indoor and outdoor play structures and a designated learning center for children 8 to 12 years old.
- **LEARN**, an intimate studio space for youth and other small group activities.
- **NOURISH**, cafe offering an extensive variety of salad and sandwich combinations, plus coffee, smoothies and grab 'n' go items.
- **SOAR**, a spacious multi-purpose gym for recreational activities like basketball, volleyball, pickleball, rock-climbing and more.