



WINTER/SPRING PROGRAM GUIDE



November 30, 2025 - May 30, 2026
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 Christmas Eve (Wed., Dec. 24), Christmas (Thurs., Dec. 25), New Year's Day (Thurs., Jan. 1), Easter (Sun., Apr. 5), and Memorial Day (Mon., May 25).

ALIVE will be open limited hours from 6:30 a.m. - 3 p.m. on New Year's Eve (Wed., 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	541-5806
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH (Café)	541-5815



Spring and Winter in PRESERVE

Directory

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517-541-5886

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Jenna Bergstrom

Diabetes Education Coordinator
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Spring and 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 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.

- **WINTER FREE WEEK: Nov. 30 - Dec. 6**
Session 1: Dec. 7 - Jan. 17
Session 2: Jan. 18 - Feb. 28
- **SPRING FREE WEEK: Mar. 1 - Mar 7**
Session 3: Mar. 8 - Apr. 18
Session 4: Apr. 19 - May 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 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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SPECIAL EVENTS

DECEMBER

- Dec. 4 Holiday Home Fragrance:
Candles & Wax Melts Pg. 44
- Dec. 6 Santa's Workshop Pg. 48
- Dec. 7 Session 1 Begins Pg. 6
- Dec. 11 Traumatic Brain Injury
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- Dec. 12 Trees & Treats Pg. 45
- Dec. 17 Diabetes Support Group Pg. 40
- Dec. 19 Community Blood Drive Pg. 43



SOAR



Santa's Workshop

JANUARY

- Jan. 5 Kids Vision Board Workshop:
New Year New Goals Pg. 47
- Jan. 8 Traumatic Brain Injury
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- Jan. 13 Spring Volleyball Begins
(5th - 8th Grade) Pg. 32
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- Jan. 28 Senior Steps Group Session Pg. 32



Diabetes Support Group

FEBRUARY

- Feb. 10 Interactive Heart Health Event Pg. 45
- Feb. 11 Kids Table: Love at First Bite Pg. 46
- Feb. 13 Fit To Be In Love Pg. 27
- Feb. 12 Traumatic Brain Injury
Support Group Pg. 41
- Feb. 18 Diabetes Support Group Pg. 40
- Feb. 20 Professional Speaker Series:
Functional Movement During Exercise Pg. 42
- Feb. 26 Heart Health &
Diabetes Friendly Meals Pg. 38
Traumatic Brain Injury
Support Group Pg. 41
- Feb. 27 Community Blood Drive Pg. 43
- Feb. 28 Senior Steps Group Session Pg. 32



Senior Steps Group Session

MARCH

- Mar. 1 SPRING FREE WEEK Begins Pg. 6
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- Mar. 11 Financial Wellness Pg. 43
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- Mar. 25 Bunny Hop Bootcamp Pg. 46
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- Mar. 26 Traumatic Brain Injury
Support Group Pg. 41



Bunny Hop Bootcamp

APRIL

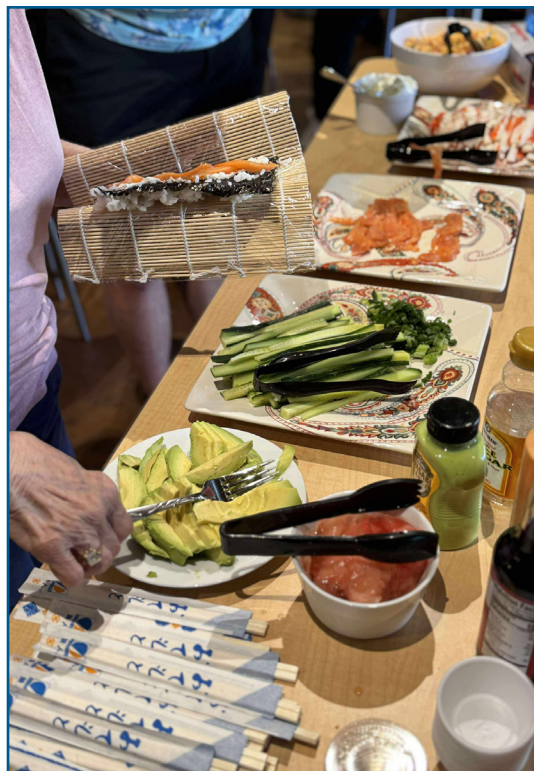
- Apr. 8 Walk With Ease Begins Pg. 45
- Apr. 9 Traumatic Brain Injury
Support Group Pg. 41
- Apr. 15 Diabetes Support Group Pg. 40
- Apr. 16 Allergen Friendly Cooking:
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Community Blood Drive

MAY

- May 5 Sushi Roll & Go Pg. 39
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- May 20 Diabetes Support Group Pg. 40
- May 27 Senior Steps Group Session Pg. 32
- May 28 Traumatic Brain Injury
Support Group Pg. 41



Sushi Roll & Go

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. Strength & Conditioning (CJ)
- 9 a.m.–9:45 a.m. Fun Fitness (AT)
- 9 a.m.–9:45 a.m. Cardio Drumming (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 (CL)
- 12 p.m.–1:30 p.m. Basketball: Drop-In
- 12:15 p.m.–12:45 p.m. H.I.I.T. (CL)
- 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 (VM)
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.	Strength & Conditioning (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)
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. (DL)
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.–9:45 a.m.	Zumba: Chair (CL)
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 (CL)
10 a.m.–10:50 a.m.	Zumba (DG)
11 a.m.–11:45 a.m.	Circuit Training (CL)
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.–7:15 p.m.	Club Cardio (MO)
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In

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.	Strength & Conditioning (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 (AS)
11 a.m.–11:45 a.m.	Barre None (AS)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball: Drop-In
2:30 p.m.–4:30 p.m.	CrossFit (Open Gym)
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5 p.m.–7 p.m.	Volleyball: Drop-In
5 p.m.–5:30 p.m.	Tabata Bootcamp (VM)
5:30 p.m.–6:30 p.m.	CrossFit
7:15 p.m.–8 p.m.	Strength & Conditioning (VM)



Zumba: Chair in LEARN

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



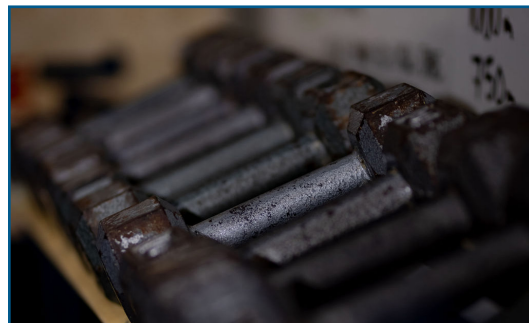
Yoga: Basic in ENERGIZE

Instructors

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

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.

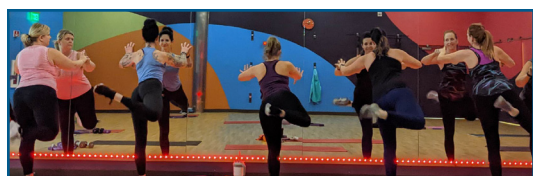
Basketball: Adult Drop-In

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.	9 a.m. - 9:45 a.m. 6:25 p.m. – 7:10 p.m.
Wed.	9 a.m. – 9:45 a.m. 6:25 p.m. – 7:10 p.m.



MOVE Member in BLAST

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.

Club Cardio (B, I)

Club Cardio brings the energy of the dance floor to your workout with pulsing lights, upbeat music, and high-energy dance routines that make fitness feel like a night out. This class blends easy-to-follow choreography with heart-pumping moves for a full-body workout that's as fun as it is effective. No dance experience needed—just bring your energy, your friends, and get ready to sweat, smile, and move to the beat.

Cost: \$50/six-week session

MOVE Member: FREE

Thurs	6:30 p.m. – 7:15 p.m.
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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): \$68/month

CrossFit upgrade (couple): \$117/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.

Fit To Be In Love (B)

Celebrate Valentine's week with your partner in a unique couple's workout! This fun and energetic class combines partner-based exercises and playful fitness challenges that will leave you both sweating, smiling, and more connected than ever. A perfect "fit date night" to kick off your Valentine's celebrations!

Cost: \$10/couple

MOVE Member: FREE

Fri., Feb. 13	5:30 p.m. – 6:15 p.m.
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CrossFit

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.

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. 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: \$50/six-week session

MOVE Member: FREE

Wed. 11 a.m. – 11:45 a.m.



Group Cycling : Spin & Sculpt in ENERGIZE

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.
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.



Live Long, Live Strong in LEARN

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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Pickleball in SOAR

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. 28	9:45 a.m. – 10:30 a.m.
Wed., Feb. 28	9:45 a.m. – 10:30 a.m.
Wed., Mar. 25	9:45 a.m. – 10:30 a.m.
Wed., Apr. 22	9:45 a.m. – 10:30 a.m.
Wed., May 27	9:45 a.m. – 10:30 a.m.

Spring Volleyball (B)

A youth volleyball camp designed to prepare players for the upcoming Red Cedar season. This camp would focus on skill development, teamwork, and confidence-building.



Cost: \$40/six-week session

5th & 6th Grade: Jan. 13, 14, 15

7th & 8th Grade: Jan. 13, 14, 15

Cost: \$50

Tues., Wed., Thurs., (5th & 6th) 5:30 p.m. – 6:30 p.m.
(7th & 8th) 6:45 p.m. – 8:45 p.m.



Senior Steps Group Session in SOAR

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. 5:35 p.m. - 6:20 p.m.

Strength & Conditioning (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.	8 a.m. - 8:50 a.m. 7:15 p.m. – 8 p.m.
Wed.	8 a.m. - 8:50 a.m. 7:15 p.m. – 8 p.m.
Fri.	8 a.m. - 8:50 a.m. 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.
Fri.	5 p.m. – 5:30 p.m.

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.



Volleyball

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.	9 a.m. – 9:45 a.m.
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Zumba: Chair in LEARN

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

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: \$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.



Deep Stretch 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.



PiYo in ENERGIZE

EAT

Allergen Friendly Cooking: Dairy & Gluten Free Made Simple

Instructor: Jenna Bergstrom, MS, RDN

Learn to make flavorful meals without dairy or gluten, with tips on label reading, choosing allergen-safe ingredients, and preventing cross-contamination—perfect for anyone with food sensitivities or wanting to cook healthier. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., Apr. 16 12 p.m. – 1 p.m.

Heart Healthy & Diabetes Friendly Meals

Instructor: Jenna Bergstrom, MS, RDN

Learn to make heart-healthy, diabetes-friendly meals using fiber, lean protein, healthy fats, and balanced portions. Discover simple swaps, portion tips, and easy techniques for sustainable, delicious eating. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., Feb. 26 12 p.m. – 1 p.m.

Meal Prep 101

Instructor: Jenna Bergstrom, MS, RDN

Learn the basics in Meal Prep 101 and make two delicious, balanced meals that save time and simplify healthy eating—perfect for busy individuals wanting stress-free, nutritious meals. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., May 14 4 p.m. – 5 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. **Call to register at 541-5800, opt. 7.**

Cost: \$12

Thurs., Mar. 12 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. **Call to register at 541-5800, opt. 7.**

Cost: \$12

Tues., May 5 12:15 p.m. – 1 p.m.

Vegan Cooking

Instructor: Clay H.

Learn the basics of plant-based cooking as you prepare a hearty, flavorful vegan chili—and enjoy a bowl during class. Get tips on simple swaps, balanced ingredients, and techniques that make vegan meals easy and delicious. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Wed., Mar. 25 6:30 p.m. – 8 p.m.



Sushi Roll & Go

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., Dec. 17	3 p.m. – 4 p.m.
Wed., Jan. 21	3 p.m. – 4 p.m.
Wed., Feb. 18	3 p.m. – 4 p.m.
Wed., Mar. 18	3 p.m. – 4 p.m.
Wed., Apr. 15	3 p.m. – 4 p.m.
Wed., May 20	3 p.m. – 4 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.*

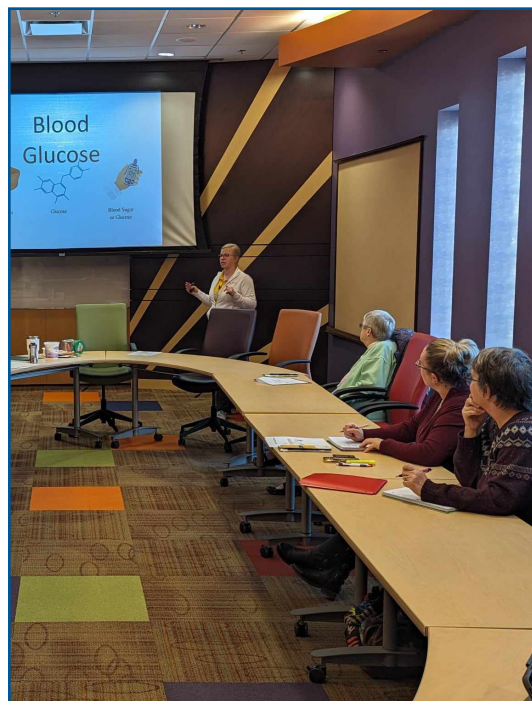
Wednesdays	5:30 p.m. – 7:15 p.m.
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Traumatic Brain Injury Support Group

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.



Diabetes Support Group

THINK

PRESENTATIONS

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

Non-Violent Communication

Presenter: Ashley S.

An interactive seminar that introduces participants to the core principles of Nonviolent Communication (NVC). This class would provide practical skills to help individuals communicate more effectively in personal, family, and workplace relationships. Participants will learn how to identify their own needs and feelings, listen empathetically, and resolve conflicts peacefully, creating stronger connections in all areas of life.

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

Cost: FREE

Wed., Mar. 4 6 p.m. – 7 p.m.

Professional Speaker Series: Functional Movement During Exercise

Presenters: MOVE Exercise Physiologists

Learn the foundation of everyday strength, balance, and mobility in this interactive monthly series. Practice key movements—like lifting, reaching, and sitting—with guidance on safe form, modifications, and progressions. Perfect for building skills you can use every day. **Call to register at 541-5800, opt. 7.**

Jan., 23, Feb., 20, Mar., 20, Apr. 17

Cost: FREE

Fridays 11 a.m. – 12 p.m.

Financial Wellness: Investing Principles Info Session

Presenters: Josh Dreps

Whether you are just starting, been investing, preparing for retirement, or living in retirement; this information session will offer 10 principles for sound investing. Participants will also learn the most common investing mistakes and how to avoid them. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Wed., Mar. 11 6 p.m. – 7 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. 19	12 p.m. – 6 p.m.
Fri., Feb. 27	12 p.m. – 6 p.m.
Fri., Apr. 24	12 p.m. – 6 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.**

Thursdays, March 12 & May 14

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.

Holiday Home Fragrance: Candles & Wax Melts

Instructor: Ashley S.

A fun hands on workshop where participants learn how to make their own candles and wax melts. Perfect to craft a homemade gift for their loved ones or themselves this holiday season.

Cost: \$30

Thurs., Dec. 4	6 p.m. – 8 p.m.
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Trees & Treats

Instructor: Ellen D. & Rosa T.

Get into the holiday spirit with this festive crafting class. Create your own decorative trees using a variety of materials, textures, and colors to match your personal style. Whether you love rustic charm, modern sparkle, or classic holiday flair, you'll leave with beautiful handmade décor perfect for your home or as a heartfelt gift. No crafting experience needed—just come ready to have fun, get creative, and make something merry.

Cost: \$35

Fri., Dec. 12	5 p.m. – 8:30 p.m.
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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 6; call 543-9575.**

Cost: FREE

Tues., Feb. 10	11:30 a.m. – 1:30 p.m.
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Walk With Ease

Instructors: Tri-County Office on Aging & MSU Extension

A 6-week walking program for adults 60+. Each one-hour session includes light stretching, group walks (indoors or outdoors), and simple tips to stay active and motivated. Move more, feel better, and enjoy the benefits of walking—one step at a time.

Cost: FREE

Tuesdays, Apr. 7 - May 12	1:30 p.m. – 2:30 p.m.
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GROW

Bunny Hop Bootcamp

Instructors: GROW Team Members

Hop into fitness with a special holiday workout led by the Easter Bunny. Families will enjoy an energetic, age-friendly workout filled with games, music, and laughs. After class, each participant can take a photo with the Easter Bunny. **Call 517-541-5803 to register.**

Cost: \$10/child or \$20/family

Wed., Mar. 25 Ages 2-5 10 a.m. – 10:30 a.m.

All Ages 6 p.m. – 6:30 p.m.

Cardio Glow Drumming Party

Instructor: Mindy Otto

An unforgettable workout experience for kids. With party lights, high-energy music, and cardio drumming kids will move, groove, and drum to the beat. Ages 5-8 require a parent present, ages 9-12 may attend solo. **Call to register at 541-5800, opt. 7.**

Cost: \$10/child

GROW Member: \$5/child

Thurs., Apr. 23 7:30 p.m. – 8 p.m.

Kids Table: Love at First Bite

Instructor: Adrienne Bunce

Make heart-shaped themed 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

Wed., Feb. 11 6 p.m. – 6:45 p.m.

Kids Vision Board Workshop: New Year New Goals

Instructors: GROW Team Members

Kids ages 6+ and parents are invited to create their very own vision boards for the year ahead. Using scrapbook supplies, participants will set fun goals, spark creativity, and dream big for 2026.

Cost: \$5/person

Mon., Jan. 5 5:30 p.m. – 6:30 p.m.

Mommy & Me Yoga

Instructors: GROW Team Members

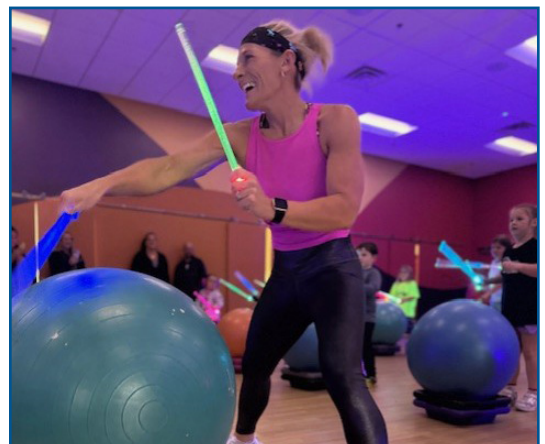
Bond, breathe, and stretch together. This special yoga experience is designed for moms and their little ones to share mindful movement, laughter, and relaxation.

Cost: \$10/child

GROW Member: \$5/child

Tues., May 5 Ages 3-5 6 p.m. – 6:30 p.m.

Ages 6-12 6:45 p.m. – 7:15 p.m.



Cardio Glow Drumming Party

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 all ages.

Cost: FREE

January 16 - February 27

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. 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.

Stories & Stretches

Instructor: Charlotte Public Library & ALIVE

Enjoy a lively story time lead by Charlotte Public Library and stretch lead by ALIVE staff.

Cost: FREE

Apr., 17, 24 & May 1, 8, 15, 22

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

StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. Stories change seasonally.

Volleytots

Instructor: Ashley S.

This camp would focus on introducing skill development, teamwork, and confidence-building new to the sport of volleyball.

1st - 4th Grade: Jan. 13, 14, 15

Cost: \$20

Tues., Wed., Thurs., 4:15 p.m. – 5:15 p.m.



Parkour in SOAR



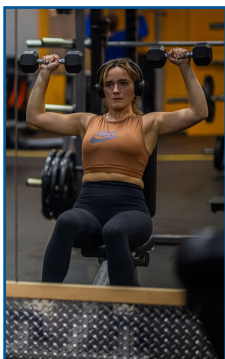
MOVE, the fitness center,
brings health and wellness to
life in a state-of-the-art space.

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 2 years 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.

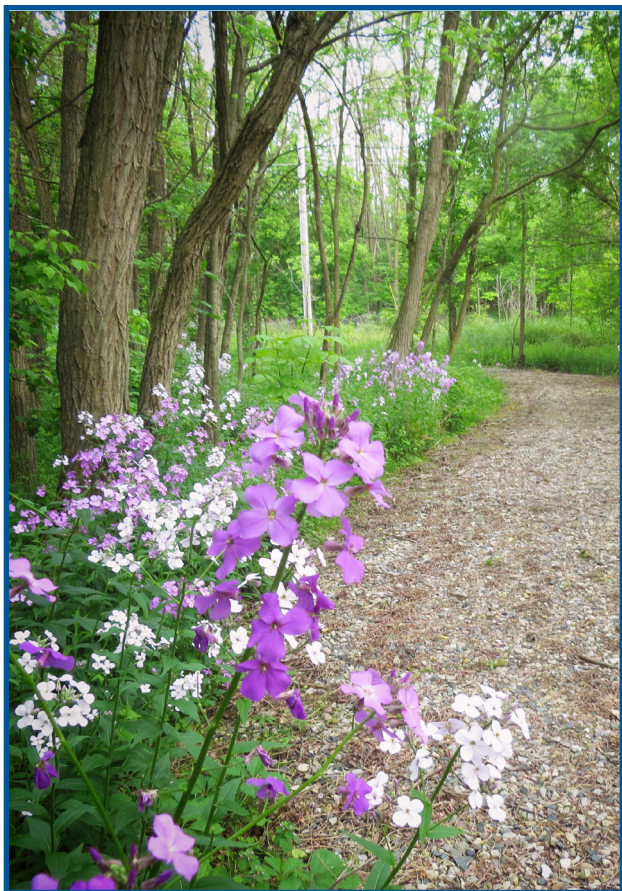


UM Health-Sparrow Eaton Service Directory

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