



SUMMER/FALL PROGRAM GUIDE



May 31 - November 28, 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.

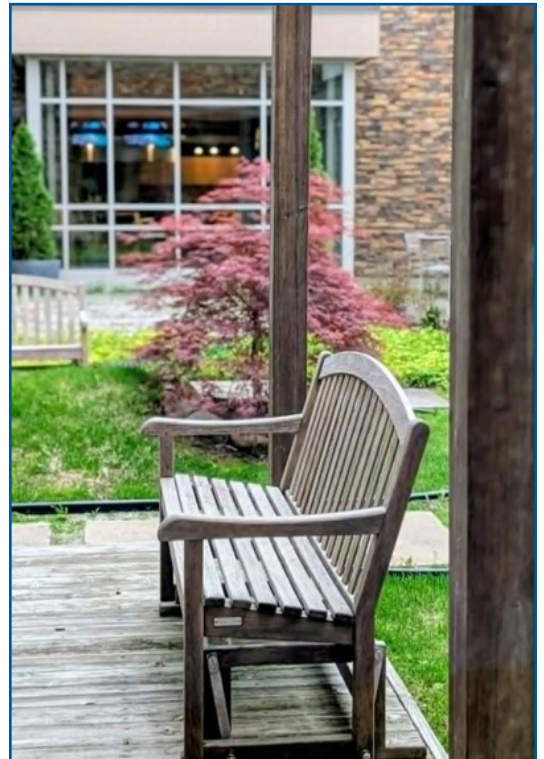
Holidays

ALIVE will be closed in observance of Independence Day (Sat., July 4), Labor Day (Mon., Sept. 7), and Thanksgiving (Thurs., Nov. 26).

ALIVE will be open limited hours from 6:30 a.m. - 3 p.m. on Black Friday (Fri., Nov. 27).

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



PONDER Courtyard

Directory

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Danielle Gillentine

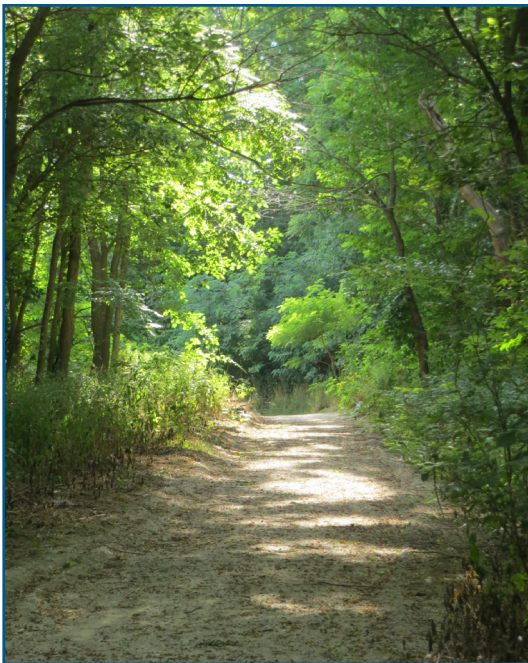
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Outdoor EXPLORÉ Walking Path

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.
- 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.
- Please respect others' privacy by not taking photos or videos in the building.
- The indoor walking path (EXPLORÉ) 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: May 31 - June 6**
Session 1: June 7 - July 18
Session 2: July 19 - Aug. 29

- **Session 3: Aug. 30 - Oct. 10**
- **FALL FREE WEEK: Oct. 11 - Oct. 17**
Session 4: Oct. 18 - Nov. 28

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
- 5% off chicken and pork on Wednesdays at Eaton Meat



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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ASCEND Rockwall

SPECIAL EVENTS

JUNE

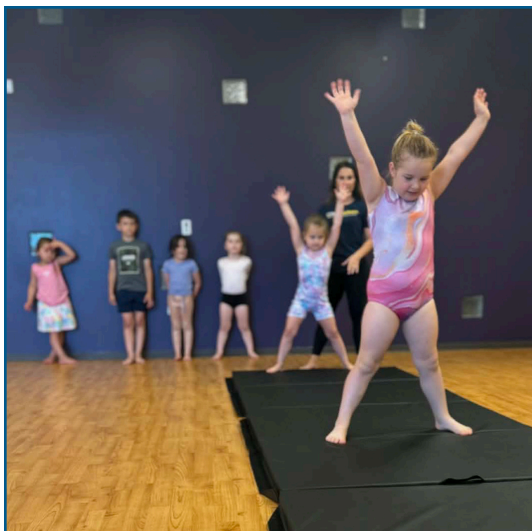
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Fun Fitness in SOAR

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Tiny Tumblers

AUGUST

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Frontier Days Dance

SEPTEMBER

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Live Life NSpired

OCTOBER

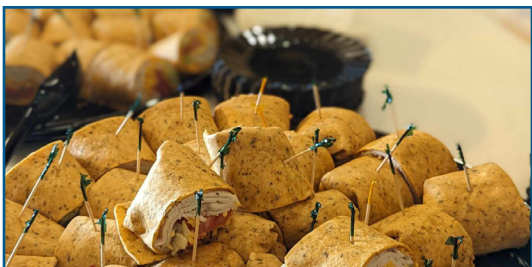
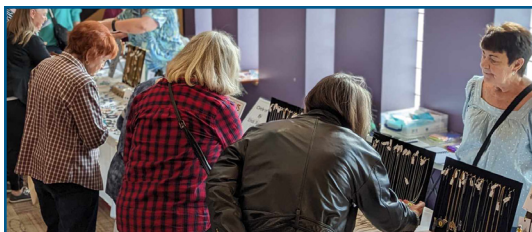
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Community Blood Drive

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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
- 7 a.m. - 7:50 a.m. PiYo (AP)
- 8 a.m.–8:50 a.m. Strength & Conditioning
- 8 a.m.–9 a.m. CrossFit
- 9 a.m.–9:45 a.m. Fun Fitness (AT)
- 9 a.m.–9:45 a.m. Cardio Drumming
- 9 a.m.–9:55 a.m. Yoga: Fusion (JD)
- 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. Pelvic Floor & Core (AS)
- 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)
8 a.m.–9 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.–10:45 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)
5:35 p.m.–6:20 p.m.	Pelvic Floor & Core (AS)
6:30 p.m.–7:25 p.m.	Yoga: Basic (AS)
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.	Strength & Conditioning
8 a.m.–9 a.m.	CrossFit
9 a.m.–9:45 a.m.	Cardio Drumming (ED)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9:30 a.m.–10 a.m.	Kids Yoga (RR)
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)
8 a.m.–9 a.m.	CrossFit
9 a.m.–9:45 a.m.	Zumba: Chair (CL)
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.–10:45 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
7:20 p.m.–7:50 p.m.	Yoga: Power (MO)

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
8 a.m.–9 a.m.	CrossFit
9 a.m.–9:55 a.m.	Pilates
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)
8:00 a.m.–8:50 a.m.	PiYo (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (MO)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Buns & Guns (MO)
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.	Club Cardio (MO)
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.–2:30 p.m.	Volleyball: Drop-In
1 p.m.–1:45 p.m.	Strength & Conditioning (DL)



Strength & Conditioning

Instructors

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



Class Equipment 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: \$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 BUILD

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.
Sat.	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): \$68/month

CrossFit upgrade (couple): \$117/month

Drop-in (must alert instructor): \$15/class

Mon. – Fri.	5:30 a.m.–6:30 a.m. 8 a.m. – 9 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.



CrossFit

DEKA (B, I, A)

A modern, indoor functional fitness and testing system created by Spartan, designed to measure endurance and strength through 10 standardized training zones. It is known as the "decathlon of fitness" and includes 10 functional zones (e.g., rowing, carrying, pushing) often combined with running to test overall athletic performance, suitable for all fitness levels.

Cost: \$100/four-week session

MOVE Member: \$50/four-week session

Session 1: May 24 - June 20

Session 2: June 28 - July 25

Tues.	6:30 p.m. – 7:30 p.m.
Thurs.	6:30 p.m. – 7:30 p.m.
Sun.	10 a.m. - 11 a.m.

**DEKA Roadshow Saturday August 15
(register at spartan.com/en/deka)**



DEKA

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

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: Aug. 5, 12, 19, 26, Sept. 2

**Performances: Wed., Sept., 9,
& Thurs., Sept. 10**

Cost: \$45

MOVE Member: \$30

Wed. (practices): 7:30 p.m. – 8:30 p.m.

Group Cycling (B, I, A)

This class is a high energy dynamic workout designed to get your heart pumping and legs spinning. **Requires pre-registration; limited capacity of 14.**

Cost: \$10/class

MOVE Member: FREE

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

Group Cycling:

Spin & Sculpt (B, I, A)

Group cycling with intervals of weight, resistance and body-weight exercises to complement cardio endurance. **Requires pre-registration; limited capacity of 14.**

Cost: \$10/class

MOVE Member: FREE

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.
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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. 12

9:15 a.m.



Live Life Nspired 5k



LLN QR Registration

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.



Pelvic Floor & Core (B, I, A)

This women's only class focuses on strengthening the pelvic floor and deep core muscles to improve stability, posture, and overall functional movement. Through guided, low-impact exercises and breath work, participants build strength, reduced discomfort, and gain confidence in a supportive, empowering environment.

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

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



Line Dancing

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.

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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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 24	9:45 a.m. – 10:30 a.m.
Wed., July 22	9:45 a.m. – 10:30 a.m.
Wed., Aug. 26	9:45 a.m. – 10:30 a.m.
Wed., Sept. 23	9:45 a.m. – 10:30 a.m.
Wed., Oct. 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: \$50/six-week session
MOVE Member: FREE

Mon.	5:35 p.m. - 6:20 p.m.
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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.	10 a.m. – 11 a.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.



Volleyball

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. – 10:45 a.m.

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



Tabata Bootcamp

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

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: \$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

Mon. 7 a.m. - 7:50 a.m.

Wed. 5:45 a.m. – 6:35 a.m.

Sat. 8:00 a.m. – 8:50 a.m.

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)

Enjoy the benefits of seated yoga with modified poses that build flexibility, strength, and relaxation. Perfect for those recovering from injury, with limited mobility, or anyone seeking a gentler, more accessible practice.



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.

Yoga: Power (I, A)

A fast-paced, strength-focused yoga class inspired by P90X power yoga. Build muscle, balance, and endurance through dynamic flows and controlled holds.



Cost: \$50/six-week session

MOVE Member: FREE

Thurs. 7:20 p.m. - 7:50 p.m.

EAT

Cookie Decorating 101

Instructor: Marissa Hoop of 'How I Met Your Bakery'

Learn creative techniques to decorate sugar cookies with royal icing in this fun and beginner-friendly class. Perfect for anyone looking to explore their artistic side while mastering the basics of cookie decorating. **Call to register at 541-5800, opt. 7. Classe are not consecutive, different season! decorating will be offered at each date.**

Cost: \$20

Sat., July 18	11 a.m. – 1 p.m.
Sat., Sept. 26	11 a.m. – 1 p.m.

Date Night:

Bread Bowl & Soup

Instructor: Adrienne Bunce

Prepare seasonal soups paired with freshly baked bread bowls. This hands-on experience offers a warm, inviting atmosphere perfect for connecting while building new culinary skills. **Call to register at 541-5800, opt. 7.**

Cost: \$25

Fri., Oct. 16	6 p.m. – 7:30 p.m.
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Date Night: Cozy Italian

Instructor: Adrienne Bunce

Enjoy a warm, hands-on date night experience as you learn to make fresh, homemade pasta from scratch. This cozy Italian-inspired evening is perfect for creating a comforting meal together. **Call to register at 541-5800, opt. 7.**

Cost: \$25

Fri., Sept. 25	6 p.m. – 7:30 p.m.
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Healthy Desserts

Instructor: Jenna Bergstrom, MS, RDN

Discover how to make delicious desserts using simple, healthier ingredient swaps. Learn easy ways to reduce added sugar and saturated fat while boosting overall nutrition, without sacrificing flavor. Leave with practical baking tips and approachable recipes perfect for your next celebration. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., Sept. 10	5:30 p.m. – 6:30 p.m.
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Healthy Eating for Diabetes

Instructor: Jenna Bergstrom, MS, RDN

In honor of National Diabetes Month, learn simple strategies for balanced meals, smart swaps, and portion control to support healthy blood sugar. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Wed., Nov. 11	12 p.m. – 1 p.m.
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Smarter Spreads, Dressings and Dips

Instructor: Jenna Bergstrom, MS, RDN

Learn to make flavorful, nutrient-dense spreads, dressings, and dips using simple ingredients. Learn easy homemade swaps for high-sodium, sugary, or processed store-bought options. **Call to register at 541-5800, opt. 7.**

Cost: \$20

Thurs., July 23	2 p.m. – 3 p.m.
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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 17	3 p.m. – 4 p.m.
Wed., July 15	3 p.m. – 4 p.m.
Wed., Aug. 19	3 p.m. – 4 p.m.
Wed., Sept. 16	3 p.m. – 4 p.m.
Wed., Oct. 21	3 p.m. – 4 p.m.
Wed., Nov. 18	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.*

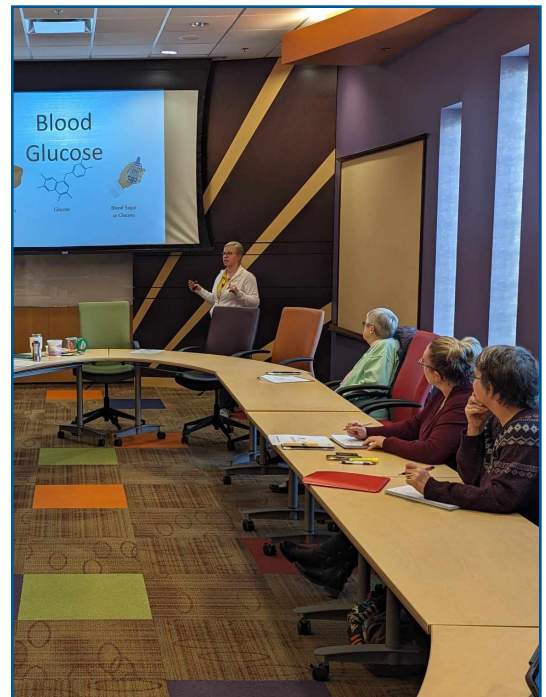
Wednesdays	5:30 p.m. – 7:15 p.m.
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Traumatic Brain Injury Support Group

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.

Professional Speaker Series: Outsmart the Scammers Presenters: **Josh Dreps & Nash Roberts**

Learn how to spot red flags in common scams—especially those tied to investments—so you can protect your finances with confidence. Explore trusted resources to turn to if you or a loved one are targeted, and take practical steps now to safeguard your money and future. *Dinner served to those who register by June 1.*

Cost: FREE

Thurs., June 4 5:30 p.m. – 7 p.m.

Words from Within: Boundaries That Hold

Presenter: Ashley S.

Boundaries can be both firm and compassionate. In this class learn how to communicate limits in a way that reduces resentment and build stronger more honest relationships. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Wed., Oct. 14 6 p.m. – 7 p.m.



PSS: Outsmart the Scammers

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 19	10 a.m. – 4 p.m.
Fri., July 10	10 a.m. – 4 p.m.
Fri., Aug. 14	10 a.m. – 4 p.m.
Fri., Oct. 30	10 a.m. – 4 p.m.

Chronic Pain PATH

Presenters: Tri-County Office on Aging

A 6-week interactive workshop designed for individuals with chronic pain. Participants are taught effective tools to better self-manage their condition and improve quality of life. Topics include fatigue management, pacing & planning, dealing with difficult emotions, healthy eating, a gentle exercise program and more. **Call to register at 541-5800, opt. 7.**

Cost: FREE

Sept. 23 - Oct. 28

Wednesdays 1:15 p.m. - 3:45 p.m.

BEMER

Presenter: Gail Johnson

Explore the role of the circulatory system in supporting overall physical health and longevity. This presentation will also introduce BEMER technology (with free 8 minute sessions) and how it is designed to stimulate muscle activity and support blood flow, along with an overview of typical usage and reported outcomes.

Cost: FREE

Mon., June 15 10 a.m. – 12 p.m.
5:30 p.m. – 7:30 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

Sat., Nov. 14 10 a.m. – 12 p.m.

Injury Clinic

Instructors: ALIVE Clinical Caregivers

If you are experiencing a recent 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.

Spooky Girls Night

Instructors: Rosa Tate & Kori Johns

Enjoy a spooky night of crafting, creativity, and seasonal fun with friends. Create festive handmade projects in a relaxed atmosphere perfect for a girls night out.

Cost: \$25

Wed., Oct.7 6 p.m. – 8 p.m.

Terracotta & Wire Garden Creations

Instructor: Rosa Tate

Create your own mini plant masterpiece. Participants receive a terracotta pot and succulent, then learn to design and bead custom wire stakes for a unique decorative touch—perfect for beginners.

Cost: \$25

Wed., July 15 6 p.m. – 8 p.m.

Women's Health Event

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

Cost: FREE

Sat., Nov. 7 10 a.m. – 1 p.m.



Spooky Girls Night

GROW

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

Wed., Nov. 4 7:30 p.m. – 8 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

Mon., Nov. 23 6 p.m. – 6:45 p.m.

Kids Yoga

Instructor: Ryanne Ronowski

A playful yoga class focused on stretching, mindfulness, balance, and breathing. Help improve flexibility while building calm and focus. Ages 3+.

Cost: \$5/child

GROW Member: FREE

Wednesdays 9:30 a.m. – 10 a.m.

Kids Zumba

Instructor: Ryanne Ronowski

High energy dance fitness designed just for kids. Easy to follow moves set to upbeat music that builds coordination, confidence, and cardio endurance. *Call 517-541-5803 to register.*

Cost: \$40/six weeks

GROW Member: \$30/six weeks

June 1, 8, 15, 22, 29, July 6

Mondays 10:30 a.m. – 11 a.m. (Ages 3+)

6 p.m. – 6:30 p.m. (Ages 6+)

Little Kickers

Instructor: Molly Couch

An intro to soccer class focused on basic skills, teamwork, and fun. Perfect for beginners learning dribbling, passing, and goal scoring. Ages 4-6 years old. *Call 517-541-5803 to register.*

Cost: \$40/six weeks

GROW Member: \$30/six weeks

July 21, 28, Aug. 4, 11, 18, 25

Tuesdays 10 a.m. – 10:30 a.m.



Cardio Glow Drumming Party

Mini Masters: Paint & Snack

Instructor: GROW Team Members

Young artists will create a guided painting while enjoying a themed snack. Creativity, laughter, and colorful masterpieces guaranteed. Ages 5+. **Call 517-541-5803 to register.**

Cost: \$15/child

GROW Member: \$10/child

Wednesday, June 17 6 p.m. - 6:45 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 all ages.

Cost: FREE

July 10, 17, 24, 31, Aug. 7, 14

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

Sept. 25, Oct. 2, 9, 16, 23, 30

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.

Tiny Tumblers

Instructor: Ryanne Ronowski

An introduction to basic tumbling skills including rolls, balance, flexibility, and strength-building in a safe, supportive setting.

Cost: \$40/six weeks

GROW Member: \$30/six weeks

July 15, 22, 29, Aug. 5, 12, 19

Wednesdays 10 a.m. - 10:30 a.m.

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: July, 21, 22, 23

Cost: \$20

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



Parkour



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.



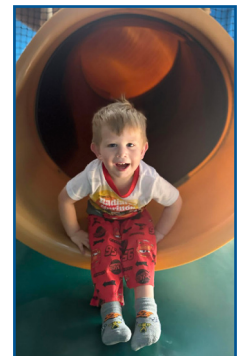
GROW is a recreational and enrichment area for children ages 3 months to 12 years.

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.





LITTLE LIFTERS, for children ages 9-12 years old (for those that feel "too old" to be in GROW but "too young" to be in MOVE).

Teaching participants fundamentals of lifting weights and exercising properly, safely and effectively. LITTLE LIFTERS are permitted to exercise in MOVE under parental supervision (*following the orientation appointments completion*).

LITTLE LIFTERS Membership Pricing Information (for ages 9-12 years old):

- \$50 - Orientation (one time fee, includes two separate 60-minute appointments)
- \$15 - Monthly membership rate
- Combo GROW/LITTLE LIFTERS membership = \$25/month per child

Please call 543-9575 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.



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Charlotte, MI 48813

myalive.com

Main 517-541-5800

Fax 517-541-5810

 UNIVERSITY OF MICHIGAN HEALTH-SPARROW
MICHIGAN MEDICINE