ALIVE®
Your Community Well-Being Place

WINTER/SPRING
PROGRAM GUIDE







November 29, 2026 - May 29, 2027
www.myalive.com

Hours of Operation

AL!VE 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 AL!VE community cafe. Catering available upon request and availability.

Monday – Friday 7:00 a.m. - 6:00 p.m.

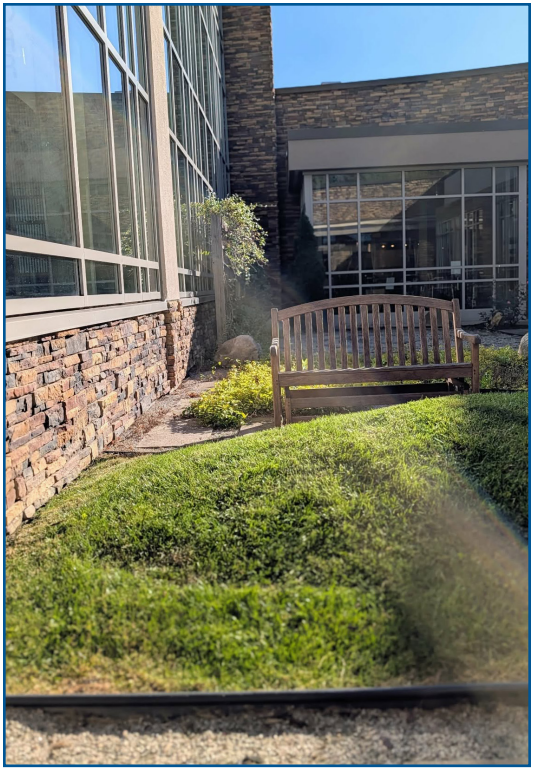
Holidays

AL!VE will be closed in observance of Christmas Eve (Thurs., Dec. 24), Christmas Day (Fri., Dec. 25), New Year's Day (Fri., Jan. 1), Easter (Sun., Mar. 28), and Memorial Day (Mon., May 31).

AL!VE will be open limited hours from 6:30 a.m. - 3 p.m. New Year's Eve (Thurs., Dec. 31).

Directory

AL!VE – Main	541-5800
AL!VE – Fax	541-5810
Class Registration	541-5800, opt. 7
General Information	541-5800, opt. 6
AL!VE 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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Michigan Winter

AL!VE Policies

AL!VE is an inclusive facility that welcomes all individuals. While utilizing AL!VE, we ask that you adhere to the following policies:

- Check-in by using your L!NK Card when entering AL!VE.
- AL!VE 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 AL!VE.
- 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 (EXPLORE) is for walking only.

Failure to comply with these policies could result in the loss of AL!VE 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. 29 - Dec. 5**
  Session 1: Dec. 6 - Jan. 16
  Session 2: Jan. 17 - Feb. 27

- **SPRING FREE WEEK: Feb. 28 - Mar. 6**
  Session 3: Mar. 7 - Apr. 17
  Session 4: Apr. 18 - May 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 L!NK 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



L!NK 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 AL!VE mobile app.

Search "myal!ve" 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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Plants along EXPLORE

SPECIAL EVENTS

DECEMBER

Nov. 29 WINTER FREE WEEK BEGINS Pg. 6

Dec. 2 ADHD Support Group Pg. 40

Dec. 6 Session 1 Begins Pg. 6

Dec. 10 Traumatic Brain Injury Support Group Pg. 41

Dec. 16 Diabetes Support Group Pg. 40

Dec. 17 Christmas Birdhouse Pg. 44

Dec. 21 Grief Support Group Pg. 40

Dec. 29 Community Blood Drive. Pg. 45



Christmas Birdhouse

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JANUARY

Jan. 5 Managing Stress for Caregivers Pg. 42

Jan. 6 ADHD Support Group Pg. 40

Jan. 8 Parkour Begins Pg. 50

Jan. 14 Traumatic Brain Injury Support Group Pg. 41

Jan. 17 Session 2 Begins Pg. 6

Jan. 18 Grief Support Group Pg. 40

Dough Forward Pg. 38

Jan. 20 Diabetes Support Group Pg. 40

Jan. 22 Community Blood Drive Pg. 45

Jan. 26 Tiny Tumblers Begins Pg. 51

Nervous System 101: Understanding Your Stress Response Pg. 43

Jan. 27 Senior Steps Group Session Pg. 33

L2: Fuel & Performance Pg. 42

Jan. 28 Traumatic Brain Injury Support Group Pg. 41



Senior Steps Group Session

FEBRUARY

Feb. 3 ADHD Support Group Pg. 40

Feb. 4 Valentine's Day Faux Stained Glass Pg. 47

Feb. 9 Interactive Heart Health Event Pg. 45

Heart Shaped Pizza & Cookies Pg. 48

Feb. 11 Traumatic Brain Injury Support Group Pg. 41

Feb. 12 Eaton Meat: Heart Shaped Ribeye Pg. 38

Feb. 15 Grief Support Group Pg. 40

Feb. 16 Stop the Bleed Pg. 46

Feb. 17 Diabetes Support Group Pg. 40

Feb. 22 Hypnotherapy Pg. 42

Feb. 24 Senior Steps Group Session Pg. 33

Feb. 25 Traumatic Brain Injury Support Group Pg. 41

Heart Healthy Meals Made Simple Pg. 39

Feb. 26 Community Blood Drive Pg. 45

Feb. 28 SPRING FREE WEEK BEGINS Pg. 6



Heart Shaped Pizza & Cookies

MARCH

Mar. 3 ADHD Support Group Pg. 40

Mar. 7 Session 3 Begins Pg. 6

Mar. 11 Kids Fairy Garden Pg. 49

Traumatic Brain Injury Support Group Pg. 41

Mar. 12 Fairy Garden Pg. 45

Mar. 15 Grief Support Group Pg. 40

Mar. 16 Stop the Bleed Pg. 46

Mar. 17 Diabetes Support Group Pg. 40

Mar. 18 Pizza Night, Reimagined Pg. 39

Mar. 24 Senior Steps Group Session Pg. 33

Mar. 25 Traumatic Brain Injury Support Group Pg. 41

Mar. 26 Community Blood Drive Pg. 45



Fairy Garden

APRIL

Apr. 6 Walk with Ease Begins Pg. 47

Apr. 7 ADHD Support Group Pg. 40

Apr. 8 Traumatic Brain Injury Support Group Pg. 41

Apr. 9 Stories & Stretches Begins Pg. 51

Apr. 13 Microgreens 101 Pg. 39

Apr. 15 Professional Speaker Series: Edward Jones Pg. 43

Apr. 18 Session 4 Begins Pg. 6

Apr. 19 Grief Support Group Pg. 40

Apr. 21 Diabetes Support Group Pg. 40

Apr. 22 Traumatic Brain Injury Support Group Pg. 41

Apr. 23 Community Blood Drive Pg. 45

Apr. 28 Senior Steps Group Session Pg. 33



Professional Speaker Series: Edward Jones

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MAY

May 5 ADHD Support Group Pg. 40

May 6 GLP-1's & the Balanced Plate Pg. 38

Mommy & Me Yoga Pg. 50

May 8 Mother's Day Tea Pg. 49

May 11 Stop Having the Same Fight: Breaking Recurring Conflict Patterns Pg. 44

May 13 Traumatic Brain Injury Support Group Pg. 41

May 17 Grief Support Group Pg. 40

May 19 Diabetes Support Group Pg. 40

May 26 Senior Steps Group Session Pg. 33

May 27 Traumatic Brain Injury Support Group Pg. 41



Mommy & Me Yoga

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 (AS)
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 (AS)
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.	Cardio Dance (CH)
10:30 a.m.–11 a.m.	Kids Zumba (RR)
11 a.m.–11:45 a.m.	Barre None (CH)
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.–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.	Mobility and Recovery (DL)

Tuesdays

5:30 a.m.–9 p.m.	EXPLORE *(walking path)*
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CJ)
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 p.m.	Kids Bootcamp
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:20 p.m.	Buns & Guns (AW)
6:25 p.m.–7:10 p.m.	Cardio Dance (AW)
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.–8:45 p.m.	Basketball: Adult Drop-In
7:15 p.m.-8:15 p.m.	Hybrid Fitness (DL)

Wednesdays

5:30 a.m.–9 p.m.	EXPLORE *(walking path)*
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)
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 a.m.–9:55 a.m.	Yoga: Fusion (JD)
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)
10 a.m.–10:45 a.m.	Suspension Training & More (CJ)
11 a.m.– 11:45 a.m.	Line Dancing (JS)
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.	TOPS
5 p.m.–5:30 p.m.	Tabata Bootcamp (CF)
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:20 p.m.	MOVE: The Next Gen (CF)
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.	Mobility and Recovery (CF)

Thursdays

5:30 a.m.–9 p.m.	EXPLORE *(walking path)*
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
8 a.m.–8:55 a.m.	Yoga: Basic (JD)
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.	Cardio Dance (AT)
11 a.m.–11:45 a.m.	Circuit Training (CL)
11 a.m.–12 p.m.	Postpartum Support
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 (MO)
5:30 p.m.–6 p.m.	Kids Bootcamp
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:20 p.m.	Buns & Guns (MO)
6:25 p.m.–7:25 p.m.	Fly Dance Fitness (MO)
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.– 8:45 p.m.	Basketball: Adult Drop-In
7:15 p.m.-8:15 p.m.	Hybrid Fitness (DL)

Fridays

5:30 a.m.–9 p.m.	EXPLORE *(walking path)*
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:50 a.m.	Strength & Conditioning (AS)
8 a.m.–9 a.m.	CrossFit
9 a.m.–9:55 a.m.	Pilates (AS)
10 a.m.–10:45 a.m.	Yoga: Chair (AS)
11 a.m.–11:45 a.m.	Pelvic Floor & Core (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.–5:30 p.m.	Tabata Bootcamp (GB)
5 p.m.–7 p.m.	Volleyball: Drop-In
5:30 p.m.–6:30 p.m.	CrossFit
7:15 p.m.–8 p.m.	Mobility & Recovery (GB)



Live Long Live Strong in SOAR

Saturdays

7 a.m.–3 p.m.	EXPLORE (walking path)
8:00 a.m.–8:50 a.m.	PiYo (CC)
9 a.m.–9:45 a.m.	Deep Stretch (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.–12 p.m.	Fly Dance Fitness (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.	Putt Approach
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–2:30 p.m.	Volleyball: Drop-In
1 p.m.– 2:00 p.m.	Hybrid Fitness (DL)



Basketballs in SOAR

Instructors

AP = Alicia P.
AW = Angie W.
ED = Ellen D.
AS = Ashley S.
AT = Amanda T.
CH = Carli H.
CJ = Cheryl J.
CC= Christina C.
CL = Christina L.
CF = Courtney F.
DG = Danielle G.
DL = Darius L.
GB = Gracie B.
JD = Jennifer D.
JS = Jennifer S.
JL = Josh L.
MM = Morene M.
MO = Mindy O.
RR = Ryanne R.



Buns & Guns 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.

Basketball: Adult Drop-In

Access to full basketball court to organize a pick-up game. Payment for drop-in must be made in MOVE. Ages 18 and up. ***wristband required to play - obtain from MOVE desk***

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.



MOVE Strength Training Equipment

Basketball: Drop-In

Access to full basketball court to organize a pick-up game. Payment for drop-in must be made in MOVE. Ages 13 and up. ***wristband required to play - obtain from MOVE desk***

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)**

NEW TIME

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.
	5:35 p.m. – 6:20 p.m.
Thurs.	9:05 a.m. – 9:50 a.m.
	5:35 p.m. – 6:20 p.m.
Sat.	10 a.m. – 10:45 a.m.

Cardio Dance **(B, I, A)**

Get ready to move, groove, and sweat. This fun cardio dance class pairs upbeat music with easy-to-follow moves for a workout that feels like a dance party.

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

Mon.	10 a.m. – 10:45 a.m.
Tues.	6:25 p.m. – 7:10 p.m.
Thurs.	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.

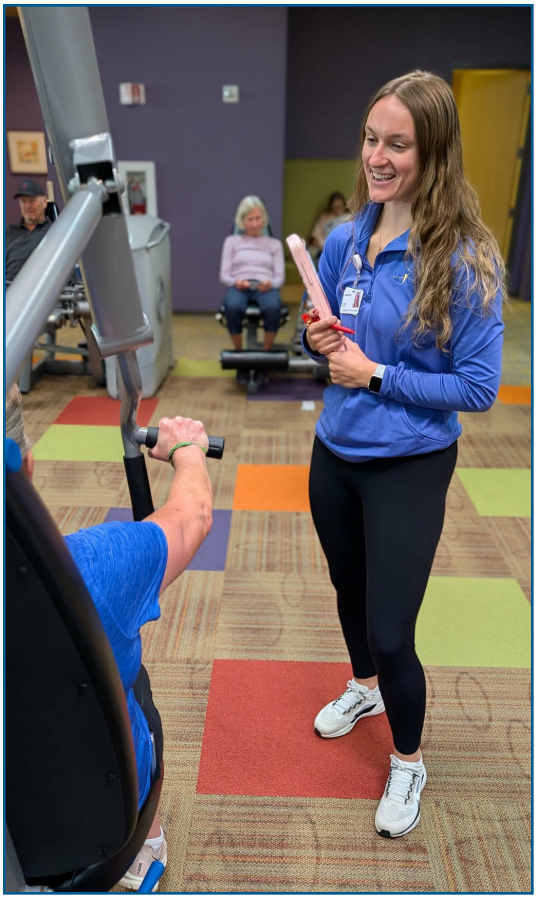
Circuit Training **(B, I)**

SENIOR FRIENDLY

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 AL!VE, 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

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

Fly Dance Fitness **(B, I)**

NEW

Bring your night-out energy to the gym. This hip-hop-inspired workout pairs high-energy music with bold moves for a club-like experience that will have you sweating, letting loose, and feeling confident.

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

Thurs	6:25 p.m. – 7:25 p.m
Sat.	11 a.m. – 12 p.m.



Walking Chips to use on EXPLORE

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.

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.

Hybrid Fitness **(I, A)**

A high energy, full body workout using a range of exercises to build strength basics and aerobic conditioning, led by master trainer, Darius. Join to improve overall balance, strength, stability, mobility, and endurance.

Hybrid Fitness upgrade: **$45/month**

Drop-in ***(must alert instructor)*****:** **$10/class**

Tues.	7:15 p.m. – 8:15 p.m.
Thurs.	7:15 p.m. – 8:15 p.m.
Sun.	1:00 p.m– 2:00 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.

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.

Mobility and Recovery **(B, I, A)**

Recharge with this feel good class designed to improve flexibility, enhance joint mobility, and support muscle recovery through a combination of dynamic stretching, controlled movements, and gentle mobility work.

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

Mon.	7:15 p.m. – 8 p.m.
Wed.	7:15 p.m. – 8 p.m.
Fri.	7:15 p.m. – 8 p.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, reduce discomfort, and gain confidence in a supportive, empowering environment.

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

Fri.	11 a.m. – 11:45 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. ***wristband required to play - obtain from MOVE desk***

Cost: **$5/drop-in**
MOVE Member: **FREE**

Mon.	6 p.m. – 8:45 p.m.
Wed.	6 p.m. – 8:45 p.m.

Putt Approach **(B, I, A)**

Give disc golf a try in this drop-in, indoor, recreation opportunity that lets you practice your putting and approach shots in a fun, casual setting. Come sharpen your skills, challenge yourself, and enjoy a little friendly competition, no experience necessary.

Cost: **$5/drop-in**
MOVE Member: **FREE**

Sun.	10 a.m. – 12 p.m.



Putt Approach

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. ***wristband required to play - obtain from MOVE desk***

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.

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.



Rock Climbing

Senior Steps **(B)**

Improve overall well-being through fitness in this monthly walking challenge for seniors. Sign up in CREATE to get started. Group sessions occur every fourth Wednesday of the month (45 minutes social time with focus on strength & stretch).

Cost: **FREE**

Wed., Jan. 27	9:45 a.m. – 10:30 a.m.
Wed., Feb. 24	9:45 a.m. – 10:30 a.m.
Wed., Mar. 24	9:45 a.m. – 10:30 a.m.
Wed., Apr. 28	9:45 a.m. – 10:30 a.m.
Wed., May 26	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.

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.
Wed.	8 a.m. - 8:50 a.m.
Fri.	8 a.m. - 8:50 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.

Suspension Training & More **(B, I, A)**

A TRX suspension training class that uses hanging straps and your own body weight against gravity to build strength, balance, core stability, and flexibility all at once

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

Wed.	10 a.m. – 10:45 a.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. – 10:45 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.



Zumba: Chair

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.
Sat.	9 a.m. – 9:45 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.
Thurs.	8 a.m. - 8:55 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.
Wed.	9 a.m. - 9:55 a.m.



Deep Stretch

ALIVE
Your Community Well-Being Place

EAT

Dough Forward

Instructor: Adrienne Bunce

Learn how to make a variety of favorites with just one dough recipe; from pizza, bagels, loaves of bread, and English muffins. Pick up helpful tips, learn new skills, and enjoy hearty samples of each delicious creation along the way. ***Call to register at 541-5800, opt. 7.***

Cost: $30

Mon., Jan. 18 6 p.m. – 7:30 p.m.

Eaton Meat: Heart Shaped Ribeye

Instructor: Eaton Meat

Celebrate Valentine's Day with a delicious date night hosted by a local butcher, Eaton Meat. Each couple will share a heart-shaped ribeye steak, paired with seasoned baby potatoes and a fresh side salad. A heartwarming meal for a memorable Valentine's date night. ***Call to register at 541-5800, opt. 7.***

Cost: $50/couple

Fri., Feb. 12 6 p.m. – 8 p.m.

GLP-1's & the Balanced Plate

Instructor: Jenna Bergstrom, MS, RDN

Learn how to build balanced, nutrient-rich meals while taking GLP-1 medications. Discover practical ways to prioritize protein, support muscle health, and meet your nutrition goals.

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

Cost: $30

Thurs., May 6 12 p.m. – 1:00 p.m.

Heart-Healthy Meals Made Simple

Instructor: Jenna Bergstrom, MS, RDN

Celebrate American Heart Month by learning how to prepare delicious, heart-healthy meals. Discover simple cooking techniques, healthy ingredient swaps, and nutrition tips that support heart health while keeping meals flavorful and satisfying. ***Call to register at 541-5800, opt. 7.***

Cost: $30

Thurs., Feb. 25 12 p.m. – 1 p.m.

Microgreens 101

Instructor: Nicki Hart

Discover the power of microgreens. Learn about their nutritional benefits and explore creative ways to incorporate these nutrient-packed greens into your meals. Finish with a fresh, flavorful salad bar experience. ***Call to register at 541-5800, opt. 7.***

Cost: $30

Tues., Apr. 13 6 p.m. – 7:30 p.m.

Pizza Night, Reimagined

Instructor: Jenna Bergstrom, MS, RDN

Discover how to create a delicious pizza that fits into a healthy lifestyle. Showcasing simple ways to boost nutrition with wholesome crust options, lean proteins, vegetables, and balanced toppings while keeping all the flavors you love. Learn practical tips for building a pizza that's both satisfying and nutritious. ***Call to register at 541-5800, opt. 7.***

Cost: $30

Thurs., Mar. 18 5 p.m. – 6 p.m.

Your Community Well-Being Place

SUPPORT

ADHD Support Group

Leader: Inna Phelps

Connect with other adults who understand ADHD, share experiences, and discover practical strategies to navigate everyday challenges in a supportive, welcoming environment. *Adults only please.*

Cost: FREE

Wednesdays

12/2, 1/6, 2/3, 3/3, 4/7, 5/5 7:15 p.m. – 8:30 p.m.

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@UofMhealth.org.***

Cost: FREE

Wednesdays

12/16, 1/20, 2/17, 3/17, 4/21, 5/19 3:30 p.m. – 4:30 p.m.

Grief Support Group

Leader: Michelle Smith, LMSW

An opportunity to connect with others who have experienced loss, share your story, and to learn more about grief and how to cope. All you need is yourself. No registration required. Light refreshments will be provided.

Cost: FREE

Mondays

12/21, 1/18, 2/15, 3/15, 4/19, 5/17 1:30 p.m. – 3 p.m.

Postpartum Support

Leader: Jasmine Emerick, LMSW, The Postpartum Therapist

Connect with other parents in a welcoming, supportive space to share experiences, ask questions, and navigate the joys and challenges of postpartum life together. Meeting weekly for connection and encouragement.

Cost: FREE

Thursdays 11 a.m. – 12 p.m.

TOPS: Take Off Pounds Sensibly

Facilitator: 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 p.m. – 7 p.m.

Traumatic Brain Injury Support Group

Leader: Anna Franklin

A supportive group for individuals 13+ with a concussion or traumatic brain injury to share experiences, learn symptom management strategies, and explore resources for daily life 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.

ALIVE
Your Community Well-Being Place

THINK

PRESENTATIONS

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

Hypnotherapy

Presenter: Jennifer Wright, CCHT

Explore the science of hypnotherapy, debunk common myths, and discover how it may support stress management, anxiety relief, breaking unwanted habits, and lasting personal change. ***Call to register at 541-5800, opt. 7.***

Cost: FREE

Mon., Feb. 22 6 p.m. – 7:30 p.m.

L2: Fuel & Performance

Instructors: Lauren Shafer & Lauren Wietzke

Explore nutrition, hydration, and practical ways to fuel your body for optimal performance. This interactive presentation is for anyone passionate about health and fitness, whether pursuing personal goals or athletic abilities. ***Call to register at 541-5800, opt. 7.***

Cost: FREE

Wed., Jan. 27 6 p.m. – 7 p.m.

Managing Stress for Caregivers

Instructors: Tri-County Office of Aging

In this one time workshop, participants learn to recognize signs and sources of caregiver stress and burnout, understand the results of neglecting stress, and take action to reduce stress.

Cost: FREE

Tues., Jan. 5 10 a.m. - 11 a.m.

Nervous System 101: Understanding Your Stress Response

Presenter: Ashley S.

Why can individuals feel fine one moment and overwhelmed, shut down, or reactive the next? This interactive workshop explores the basics of the nervous system, how stress affects the body, and practical tools for recognizing and responding to personal stress patterns. ***Call to register at 541-5800, opt. 7.***

Cost: FREE

Tues., Jan. 26 6 p.m. – 7:30 p.m.

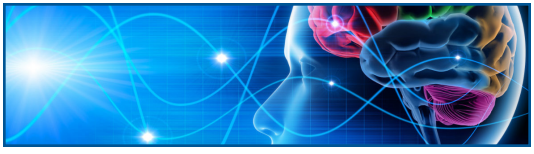
Professional Speaker Series: Edward Jones

Presenters: Josh Dreps & Nash Roberts

Join an experienced attorney for a complimentary estate planning seminar to learn how to protect loved ones, avoid complications, and gain peace of mind. Topics include wills, trusts, probate, healthcare decisions, and essential documents every adult should consider. ***Dinner served to those who register by April 7. Call to register at 541-5800, opt. 7.***

Cost: FREE

Thurs., April 15 5:30 p.m. – 7 p.m.



Hypnotherapy

Stop Having the Same Fight: Breaking Recurring Conflict Patterns

Presenter: Ashley S.

Why do some disagreements happen over and over even when everyone genuinely wants things to change? This interactive workshop looks at what keeps conflict loops going and gives participants practical tools for interrupting those patterns, communicating more clearly, and moving toward repair. ***Call to register at 541-5800, opt. 7.***

Cost: FREE

Tues., May 11 6 p.m. – 7:30 p.m.

WORKSHOPS

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

Christmas Birdhouse

Instructors: Rosalia Tate & Ryanne Ronowski

Get into the holiday spirit by creating your own festive Christmas birdhouse. Personalize your birdhouse with seasonal decorations and creative touches to make a charming holiday accent for your home or to give as a gift. Perfect for adding a little handmade magic to the season.

Cost: $45

Thurs., Dec. 17 6 p.m. –8 p.m.



Christmas Birdhouse

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., 12/29	10 a.m. – 3 p.m.
Fri., 1/22	10 a.m. – 4 p.m.
Fri., 2/26	10 a.m. – 4 p.m.
Fri., 3/26	10 a.m. – 4 p.m.
Fri., 4/23	10 a.m. – 4 p.m.

Fairy Garden

Instructors: Rosalia Tate & Ryanne Ronowski

Adults create a whimsical fairy house using a variety of materials and decorative details. Perfect for displaying at home or in the garden. *Adults only please. Check page 50 for a Kids Fairy Garden class.*

Cost: $45

Fri., Mar. 12 6 p.m. –8 p.m.



Community Blood Drive

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 5; call 543-9575.***

Cost: FREE

Tues., Feb. 9 11:30 a.m. – 1:30 p.m.

Stop the Bleed

Instructor: Joe Medgyessy

Participants in the course will learn how to recognize life-threatening bleeding and act quickly and effectively to control it with three quick techniques. The ACS Stop the Bleed training course will empower you to make a life-or-death difference when a bleeding emergency happens.

Cost: FREE

Tues., Feb. 16 12 p.m. –1 p.m.

Tues., Mar. 16 6 p.m. - 7 p.m.



Interactive Heart Health Event

Valentine's Day Faux Stained Glass

Instructors: Rosalia Tate

Celebrate Valentine's Day with a creative twist. Use faux stained glass paint to transform a glass frame into a colorful, heart-filled masterpiece. Choose from a variety of designs and create a beautiful piece to take home.

Cost: $30

Thurs., Feb. 4 6 p.m. –8 p.m.

Walk With Ease

Instructors: Tri-County Office on Aging

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. 6 - May 11 1:30 p.m. – 2:30 p.m.



Walk With Ease

GROW

Heart Shaped Pizza & Cookies

Instructor: Adrienne Bunce

Celebrate Valentine's Day early in this fun, hands-on cooking class. Kids will create their own heart-shaped pizzas and decorate sweet cookies. A perfect recipe for a little creativity, a lot of fun, and some Valentine's Day deliciousness. ***Call 517-541-5803 to register.***

Cost: $12/child per class

Tues., Feb. 9	6 p.m. – 7 p.m.

Kids Bootcamp

Instructors: GROW Team

Kids will build strength, boost confidence, and burn energy through fun fitness challenges, games, and age-appropriate exercises. Ages 3+.

Cost: $5/child
GROW Member: FREE

Tuesdays	5:30 p.m. - 6 p.m.
Thursdays	5:30 p.m. - 6 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: $5/child
GROW Member: FREE

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

Kids Fairy Garden

Instructors: Rosa Tate & Ryanne Ronowski

Littles get to create their own miniature magical world in Kids Fairy Garden. Design a whimsical fairy garden filled with tiny details, enchanting touches, and a little imagination to take home. Ages 5+, parents must be present.
Call 517-541-5803 to register.

Cost: $50

Thurs., Mar. 11	5 p.m. – 7 p.m.

Mother's Day Tea

Instructors: GROW Team

A charming afternoon filled with laughter, sweet treats, and meaningful moments together. Whether participants come with Mom, Grandma, daughters, or someone who feels like family, it's the perfect opportunity to slow down, make memories, and celebrate the amazing women in our lives. ***Call 517-541-5803 to register.***

Cost: $15/person

Sat., May 8	10 a.m. - 11:30 a.m.

Mommy & Me Yoga

Instructor: Ryanne Ronowski

Bond, breathe, and stretch together. This special yoga experience is designed for moms and their little ones to share mindful movement, laughter, and relaxation. Ages 5+, guardian included in price. ***Call 517-541-5803 to register.***

Cost: **$10/child**
GROW Member: **$5/child**

Thurs., May 6 — 10 a.m. - 10:30 a.m.
5:30 p.m. - 6 p.m.

MOVE: The Next Generation

Instructor: Courtney Fuller

An introduction class for littles to learn how to move their bodies safely while also gaining the confidence and strength that working out brings. Teaching kids fitness is fun and that strong is beautiful. Ages 9-13. ***Call 517-541-5803 to register.***

Cost: **$10/child**
LITTLE LIFTER Member: **FREE**

Wednesdays — 5:35 p.m. - 6:20 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 of all ages.

Cost: **FREE**

1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Fridays — 10 a.m. - 10:30 a.m.

Stories & Stretches

Instructor: Charlotte Public Library & AL!VE

Enjoy a lively story time lead by Charlotte Public Library and stretch lead by AL!VE staff.

Cost: **FREE**

4/9, 4/16, 4/23, 4/30, 5/7, 5/14

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**

1/26, 2/2, 2/9, 2/16, 2/23, 3/2

Tuesdays — 10 a.m. - 10:30 a.m.



Parkour

ALIVE
Your Community Well-Being Place

MOVE ALIVE

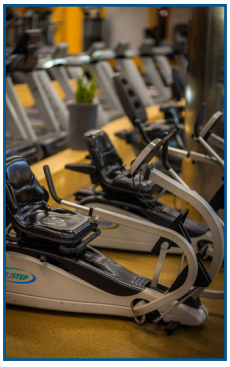
MOVE, the fitness center, brings health and wellness to life in a state-of-the-art space.

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 Monthly 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.





MOVE ALIVE

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

Teaching participants fundamentels 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 seperate 60-minute appointments)
- $15 - Monthly membership rate
- Combo GROW/LITTLE LIFTERS membership = $25/month per child

Please call 543-9575 for more information.





ALIVE
Your Community Well-Being Place

GROW ALIVE℠

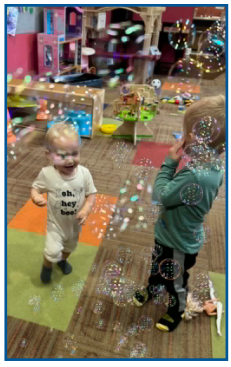
GROW is a recreational and enrichment area for children ages 3 months to 12 years.

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	541-5948
Cardio/Pulmonary Rehab	541-5813
Diabetes Program	543-1050, ext. 52390
Emergency Department	911 or 541-5887
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
Radiology	541-5948
Rehabilitation	541-5806
Respiratory Services	541-5948
Sleep Station	541-5845
Smoking Lessation	543-1050 ext. 52662
Surgery	543-1050, ext. 52415
Urgent Care	541-5935

For more information visit UofMHealthSparrow.org/Eaton.



ALIVE®

Your Community Well-Being Place

800 W. Lawrence Ave.
Charlotte, MI 48813
myalive.com

Main 517-541-5800
Fax 517-541-5810

UNIVERSITY OF MICHIGAN HEALTH-SPARROW
MICHIGAN MEDICINE