



# FALL 2020 PROGRAM GUIDE



August 31-October 31, 2020  
[www.myalive.com](http://www.myalive.com)

## Hours of Operation

### ALIVE

*Screening required for all entrants. Includes use of restrooms, clinical services, NOURISH carry-out/dine-in, FUSE, MOVE and GROW. All guests are encouraged to use the main entry. Masks must be worn in the building at all times.*

Monday – Friday	5:30 a.m. – 8 p.m.
Saturday	7 a.m. – 3 p.m.
Sunday	9 a.m. – 3 p.m.

### GROW

*GROW is available at a limited capacity. 75-minute time slots are available for \$2 per child at times listed below. Sign up your child(ren) using the MyAlive mobile app or by calling (517) 541-5803 (ages 3 months-2 years require phone reservation). Masks must be worn by children 2+ years of age while indoors. All children must wear shoes. Weather-permitting, children will be taken outdoors to play.*

Monday – Friday	8:45 a.m. – 10 a.m. 10:15 a.m. – 11:30 a.m. 5:15 p.m. – 6:30 p.m. 6:45 p.m. – 8 p.m.
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### NOURISH by The Big Salad

*Screening required for all entrants. Includes dine-in and carry-out. Curbside pick-up is also available. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.*

Monday – Friday	10 a.m. to 3 p.m.
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### Holidays

*ALIVE and NOURISH will be closed in observance of Labor Day (Sept. 7).*

## Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 6
General Information	541-5800, opt. 6
ALIVE Clinical Services	541-5800, opt. 2
FUSE (Spa Services)	541-5886
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH by The Big Salad (Café)	541-5815

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**Susan Allen** 541-5812  
ALIVE Operations Manager  
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**Dana Pray** 543-1050, ext. 15880  
Manager of Development & Experience  
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## Registration

Pre-registration is required for all programming. Register early to ensure a spot – classes fill quickly. Pricing is listed in class descriptions.

Three convenient registration methods:

- Log in to myalive.com
- Using the MyAlive mobile app
- Call (517) 541-5800, opt. 6, unless a different phone number is listed

## Safety & Sanitation Guidelines

The following guidelines are to help everyone enjoy a safe and exceptional experience at ALIVE:

- All building entrants must be screened (includes temperature check). Please allow for possible wait times.
- Masks must be worn at all times when in the building, as well as outside when not social distancing.
- 15 minute blocks of time have been set between most programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors.
- Capacity limitations have been established for all programs to allow for adequate social distancing and safety.
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

- If you have experienced any of the following symptoms within the 24 hours prior to a program, please refrain from attending: temperature of 100.0 degrees or higher, cough, shortness of breath or chest tightness, sore throat, nasal congestion/ runny nose, myalgia (body aches), loss of taste and/or smell, diarrhea, nausea, vomiting, fever/chills/sweats, rash.

## Community LINK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 50% off studio fee at My Creative Escape

## 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.



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**PRESERVE at ALIVE**

## Special Events

### SEPTEMBER: INSPIRE

- Sept. 14 Family Walk Time Begins Pg. 14
- Sept. 17 DIY Night Light Pg. 24
- Sept. 22 Snack Prep 101 Pg. 21
- Sept. 24 Sunrise Flow & Joe Yoga Pg. 19
- Sept. 25 Country Line Dancing Begins Pg. 13
- Sept. 29 Sunrise Flow & Joe Yoga Pg. 19
- Sept. 30 Professional Speaker Series:  
Coping with COVID Pg. 22

### OCTOBER: BALANCE

- Oct. 1 Rehabilitation Education Video  
Series Begins Pg. 22  
Wreath Making Pg. 23
- Oct. 4 Sunrise Flow & Joe Yoga Pg. 19
- Oct. 7 Kids Pumpkin Decorating Pg. 24
- Oct. 9 Date Night: Sushi Pg. 21
- Oct. 13 Glam-O-Lanterns Pg. 23



**PONDER courtyard**

## Weekly Schedule

### Mondays

Dawn–Dusk	Outdoor Walking/StoryWalk®
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–9:45 a.m.	Deep Stretch
5:30 p.m.–6:15 p.m.	Bootcamp
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:40 p.m.	Yoga: Basic

### Tuesdays

Dawn–Dusk	Outdoor Walking/StoryWalk®
5:45 a.m.–6:30 a.m.	Group Cycling
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10 a.m.	Tabata
12:10 p.m.–12:28 p.m.	18-Minute Blast
5:30 p.m.–6:15 p.m.	Group Cycling: Spin & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:30 p.m.	Barre None



Group Exercise, outdoors

### Wednesdays

Dawn–Dusk	Outdoor Walking/StoryWalk®
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10:10 a.m.	Yoga: Basic
5:30 p.m.–6:20 p.m.	PiYo
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–7 p.m.	TOPS
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:30 p.m.	Step & Sculpt

### Thursdays

Dawn–Dusk	Outdoor Walking/StoryWalk®
5:45 a.m.–6:30 a.m.	Group Cycling
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10:10 a.m.	Zumba
12:10 p.m.–12:28 p.m.	18-Minute Blast
5:30 p.m.–6:15 p.m.	Group Cycling: Spin & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:30 p.m.	Bootcamp

### Fridays

Dawn–Dusk	Outdoor Walking/StoryWalk®
5:45 a.m.–6:45 a.m.	CrossFit
9 a.m.–9:45 a.m.	Step & Sculpt
9 a.m.–10 a.m.	CrossFit
10:15 a.m.–11:10 a.m.	Yoga: Basic
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit



## Saturdays

Dawn–Dusk Outdoor Walking/StoryWalk®  
9 a.m.–10 a.m. CrossFit  
9:30 a.m.–10:15 a.m. Barre None

## Sundays

Dawn–Dusk Outdoor Walking/StoryWalk®

**Register online at**  
**www.myalive.com**  
**or by using the ALIVE**  
**mobile app.**



(Search "myalive" with iPhone  
search "my alive" with Android.)

Call (517) 541-5800, opt. 6, to register or  
to create an account.



Painted rocks along EXPLORE outdoor

## Program Requests:

- Register in advance at myalive.com or by using the ALIVE mobile app.
- Arrive 5-15 minutes prior to the promoted start-time.
- Bring your own towel, mat and water for DO/BREATHE programs.
- Even if you are not attending an indoor program, be screened at the main entry of ALIVE in order to utilize the restroom.
- Maintain social distancing of a minimum of 6' from others outside of your household.
- Utilize the main (front) parking lot. The EMPOWER (West side) parking lot is reserved for patients and caregiver (North, behind the building) parking lot is reserved for staff.
- Limit attendance to only individuals participating in class. *NOTE: Children ages 9-12 years old who have completed Little Lifters orientation are permitted to exercise in MOVE or participate in group exercise classes under parental supervision.*

## What to expect:

- DO/BREATHE programs will take place outside of the main entrance of ALIVE (under the awning) with exception of Deep Stretch and Yoga which will take place outside of GATHER.
- THINK/GROW programs will be held outdoors (weather permitting) and shifted indoors as needed.
- DO/BREATHE programs may be cancelled due to inclement weather (cancellations posted on myalive.com and the ALIVE Facebook page - Facebook.com/ExperienceAlive).
- Due to the outdoor nature of DO/BREATHE programs, masks will not be required. When THINK/GROW programs are conducted outdoors, masks will not be required assuming that social distancing is practiced.

## DO

### Skill Levels:

<b>B</b>	=	Beginner
<b>I</b>	=	Intermediate
<b>A</b>	=	Advanced

## 18-Minute Blast (B, I)

Cardio and strength exercises are combined to work a lot of muscles and raise your heart rate in a short amount of time.

**Cost:** \$5/class

**MOVE Member: FREE**

Tues. 12:10 p.m.-12:28 p.m.

Thurs. 12:10 p.m.-12:28 p.m.

## Barre None (B, I, A)

Inspired by ballet, Pilates and yoga discipline. Standing and floor exercises for muscle strength, flexibility, balance and agility. Explore Barre training without a bar.

**Cost:** \$5/class

**MOVE Member: FREE**

Tues. 6:45 p.m. – 7:30 p.m.

Sat. 9:30 a.m. – 10:15 a.m.

## Bootcamp (I, A)

Compound military-style exercises geared toward building strength, power and speed.

**Cost:** \$5/class

**MOVE Member: FREE**

Mon. 5:30 p.m. – 6:15 p.m.

Thurs. 6:45 p.m. – 7:30 p.m.

## Country Line Dancing (B, I)

**Instructor: Danielle Gillentine & Kimberly Kletke**



Learn the basic steps and fundamentals of popular country line dances with some surprise twists on traditional moves from the instructor.

**Cost: \$20/four-week session**

**Sept. 25-Oct. 16** Fridays 6 p.m. – 7 p.m.

## 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 for all fitness levels. There is a \$50 enrollment fee with membership (per member).

**CrossFit upgrade (single): \$59/month**

**CrossFit upgrade (couple): \$99/month**

**Drop-in: \$15/class**

Mon. – Fri. 5:45 a.m. – 6:45 a.m.  
9 a.m. – 10 a.m.

5:30 p.m. – 6:30 p.m.

6:30 p.m. – 7:30 p.m.

Sat. 9 a.m. – 10 a.m.



Barre None, outdoors

## Family Walk Time



Encourage yourself and loved ones to step it up in this 6-week virtual group of like-minded individuals. This offering will be facilitated virtually on ALIVE's Facebook Page. Each week participants are encouraged to submit their total steps. Family-friendly prizes will be randomly awarded to commenters in the group (firewood & s'mores kit, headlamp & water bottle basket, and more). Join the "Family Walk Time" group on ALIVE's Facebook page to participate.

**Cost: FREE**

**September 14 - October 23**

## Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels. ***This class requires pre-registration; limited capacity of 15.***

**Cost: \$5/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. ***This class requires pre-registration; limited capacity of 15.***

**Cost: \$5/class**  
**MOVE Member: FREE**

Tues.	8 a.m. – 8:45 a.m. 5:30 p.m. – 6:15 p.m.
Thurs.	8 a.m. – 8:45 a.m. 5:30 p.m. – 6:15 p.m.

## Kettlebell Circuit (I, A)

Join this fun yet challenging workout that demonstrates the effectiveness and agility of circuit-based workouts with the kettlebell. Take your strength, endurance and flexibility to the next level.

**Cost: \$5/class**  
**MOVE Member: FREE**

Mon.	8 a.m. – 8:45 a.m.
Wed	8 a.m. – 8:45 a.m.

## Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE. Always open dawn until dusk. Includes 1/5-mile outdoor walking path and trail in PRESERVE.

**Cost: FREE**

## Step & Sculpt (B, I, A)



Improve cardiovascular endurance by engaging in full-body sculpting through this interval-based step workout.

**Cost: \$5/class**  
**MOVE Member: FREE**

Wed.	6:45 p.m. – 7:30 p.m.
Fri.	9 a.m. – 9:45 a.m.



Group Cycling: Spin & Sculpt, outdoors



## Tabata (B, I, A)

High Intensity Interval Training (H.I.I.T.) consisting of timed intervals composed of exercising at maximum intensity in short bursts, followed by active rest. Delivers positive results, including improved aerobic and anaerobic endurance, muscular endurance and fat burning.

**Cost:** \$5/class

**MOVE Member: FREE**

Tues. 9:15 a.m. – 10 a.m.



## Zumba (B, I)

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

**Cost:** \$5/class

**MOVE Member: FREE**

Thurs. 9:15 a.m.–10:10 a.m.



Tabata, outdoors



**The following outlines some key regulations that we must abide by in order to re-open safely. For a complete listing please visit [myalive.com](http://myalive.com).**

**25% Capacity:** We are required to limit the number of individuals in the facility to 25% of our capacity. **ALIVE will only be available to MOVE Members, Clinical Patients, FUSE Clients and Big Salad patrons.** The indoor walking path (EXPLORE) will remain closed. Indoor recreation activities including basketball, volleyball and pickleball will not be available.

**Check our capacity with up-to-the-second information:** [myalive.clubautomation.com/capacity-status](http://myalive.clubautomation.com/capacity-status)

**Screening:** Everyone entering the building will be screened for COVID symptoms, including a temperature check. Individuals that do not pass the screening will not be permitted in the building, so please stay home if you feel ill, are displaying any symptoms or have come in contact with someone who has COVID.

**Masks:** Masks must be worn at all times in the facility except when showering or eating at NOURISH by The Big Salad. Please be mindful of your exercise intensity, as masks can make it more difficult to breathe and you may need to take breaks to stay safe.

**Physical distancing:** All members will need to remain 6' (or greater) away from others that are not from the same household. Some pieces of equipment have been removed; because of this, time limits may be enforced to allow all individuals to use the equipment.

**Sanitation:** Staff will be deep-cleaning throughout the day, but we ask that members continue to wipe down their equipment after use with sanitation wipes provided.

## 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: \$5/class**

**MOVE Member: FREE**

Mon. 9:15 a.m. – 9:45 a.m.

### PiYo (I, A)

A workout inspired by the mind-body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning and dynamic movements.

**Cost: \$5/class**

**MOVE Member: FREE**

Wed. 5:30 p.m. – 6:20 p.m.

### Yoga: Basic (B)



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

**Cost: \$5/class**

**MOVE Member: FREE**

Mon. 6:45 p.m. – 7:40 p.m.

Wed. 9:15 a.m. – 10:10 a.m.

Fri. 10:15 a.m. – 11:10 a.m.

### Sunrise Flow & Joe Yoga (B)

**Instructor: Jennifer Davis**

Begin your day with an extra dose of clarity, peace and energy with a shot of espresso. Class will take place in the clam of the morning while the sun rises. A coffee (and tea) bar will be provided to registrants to add a little extra energy and zen to your morning to sip and enjoy or for you to take.

**Cost: \$5/class**

Thurs., Sept. 24 7 a.m. – 7:55 a.m.

Tues., Sept. 29 7 a.m. – 7:55 a.m.

Sun., Oct. 4 7 a.m. – 7:55 a.m.



Yoga: Basic, outdoors

## SUPPORT

### TOPS: Take Off Pounds Sensibly

**Leader: Rebecca Malerba**

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Meetings are currently held outdoors at ALIVE under the Floyd M. Jewell Memorial. Visit [www.tops.org](http://www.tops.org) for information on pricing & promotions or call (517) 410-0482.

Wed.

6 p.m. – 7 p.m.



TOPS outdoor meeting

## EAT

### WORKSHOPS

*Perform tasks you never thought possible in these hands-on, educational workshops.*

### Date Night: Sushi

**Instructor: Christina Campbell & Kori Johns**

Grab a date and create two delicious custom sushi rolls in this hands-on, educational workshop. Features a ginger salad, handmade rolls with all the fixings and a surprise dessert. This program will be offered outdoors to allow for safe, social distancing. Sanitation stations will be available to use. When registering, please register under the name of the primary contact (both names are not needed as pricing is per couple).

**Cost: \$25 per couple**

Fri., October 9

6:30 p.m. – 8 p.m.

### Snack Prep 101

**Instructor: Ellen Dreps & Hailey Jungel**

Take this opportunity to learn how to put together salty & sweet treats that are both healthy and delicious in this 'make & take' style workshop where snacks and storage containers (provided as part of the class) can easily be taken with you. Enjoy a wide variety of perfectly-portioned snacks to send with your family to school/work or keep at home when hunger hits. Sanitation stations will be available to use.

**Cost: \$20**

Tues., Sept. 22

6:30 p.m. – 7:30 p.m.

## THINK

### PRESENTATIONS

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

#### Rehabilitation Education Video Series

**Presenters: EMPOWER clinicians**

Following National Rehabilitation Month, and in the spirit of National Physical Therapy Month, our team of clinicians at EMPOWER will be providing educational videos. Topics include home ergonomics for adults and students, injury prevention and more. **View the videos on our Facebook (Facebook.com/experiencedalive) and YouTube (ALIVE: Your Community Well-Being Place) pages; released each week during the month of October.**

**Cost: FREE**

#### Professional Speaker Series: Coping with COVID

**Presenters: Sparrow Eaton Hospital  
Clinical Integration Team**

Listen to observations from health professionals, including social workers and nurses, sharing in panel format what COVID has spurred. Discuss stress management techniques to cope with frustration, depression and anxiety. Learn ways to support loved ones and resources available. **Lunch provided for those pre-registered by Friday, September 25; call (517) 541-5800, opt. 6 to register.**

**Cost: FREE**

Wed., Sept. 30 11:30 a.m.–1 p.m.

## WORKSHOPS

*Participate and engage in the fun with interactive programs aimed at educating, creating and inspiring.*

### Glam-O-Lanterns

**Instructor: Kori Johns &  
Hailey Jungel**

Take your porch pumpkins to the next level in this interactive offering. Bring two pumpkins (fake recommended for re-use from year to year) to decorate using jewels, paints, sparkles, fabric, glue guns and more. All decorations and tools provided. Enjoy being guided through this hands-on project, see samples first-hand and craft in a social, yet safe, setting.

**Cost: \$15**

Tues., Oct. 13 6:30 p.m. – 8 p.m.

### Wreath Making

**Instructor: Kori Johns &  
Hailey Jungel**

**Back by popular demand!** Learn how to make a fabulous new home décor piece (or gift to give) using ribbons and calligraphy signs. This session features two color options: Fall & Halloween (easily transferrable to show your love for Charlotte Orioles). All materials provided. Please provide wreath preference when registering.

**Cost: \$20**

Thurs., Oct. 1 6:30 p.m. – 8 p.m.



Wreath Making



## GROW

### DIY Night Light

**Instructor: GROW staff**

Engage your child's imagination in this sensory play and creative craft that is facilitated yet open for interpretation and custom decor. All materials provided. *Children ages 3+ (ages 3-6 must be accompanied by a parent/guardian to assist). Samples will be shared to help inspire.*

**Cost: \$15 first child**  
\$10 per add'l child (same household)

Thurs., Sept. 17 6:30 p.m. – 7:30 p.m.

### Kids Pumpkin Decorating

**Instructor: GROW staff**

Paint is the name of the pumpkin game. Paint, brushes, stickers, glitter and more will be provided to your child to get creative decorating a pumpkin. And we take care of the mess - it's a win-win! . All materials provided. *Children ages 3+ (ages 3-6 must be accompanied by a parent/guardian to assist). Samples will be shared to help inspire.*

**Cost: \$10 first child**  
\$5 per add'l child (same household)

Wed., Oct. 7 6:30 p.m. – 7:30 p.m.



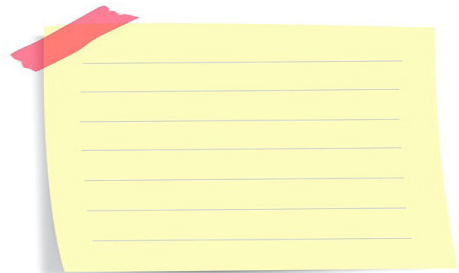
DIY Night Light & Kids Pumpkin Decorating

## StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Enjoy a picture book and some simple activities that will engage the whole family. A new book is featured each spring, summer and fall.

**Cost: FREE**

## Notes

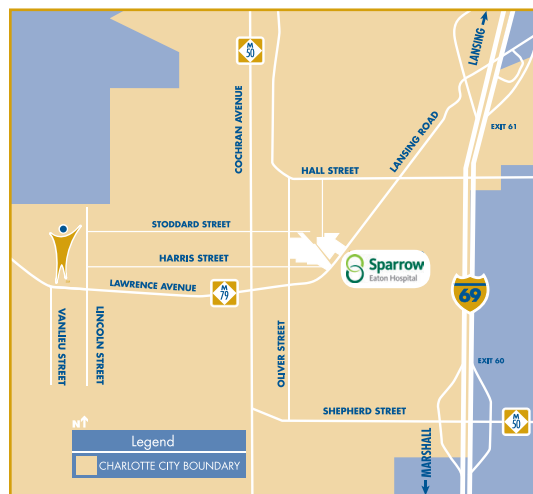




## Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543-1050
Ambulance Services	911 or 541-5912
Anticoagulation Clinic	541-5861
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 52469
Diabetes Program	543-1050, ext. 52390
Emergency Department	911 or 543-9508
Endoscopy Station	541-5833
Food and Nutrition	541-5909
Heart Station	541-5840
Human Resources	543-9502
Infusion	541-5955
Laboratory	543-9505
Medical Records	543-1050, ext. 52307
Medical and Surgical Unit	543-1050, ext. 52605
Patient Financial Services	543-1050, ext. 52740
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 52415
Urgent Care	541-5935

For more information about SEH services,  
visit [sparroweatonhospital.org](http://sparroweatonhospital.org).



800 W. Lawrence Ave.  
Charlotte, MI 48813  
[myalive.com](http://myalive.com)

Main (517) 541-5800  
Fax (517) 541-5810