



SPRING 2022 PROGRAM GUIDE



March 6 - June 4, 2022
www.myalive.com

Hours of Operation

ALIVE and MOVE

All guests are encouraged to use the main entry.
Masks must be worn in the building at all times, unless otherwise specified.

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. 4:15 p.m. – 8 p.m.
Saturday	8 a.m. – 12 p.m.

NOURISH by The Big Salad

Open for dine-in and carry-out. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle. The Big Salad will be closed in observance of the Holidays listed below.

Monday – Thursday	10 a.m. – 7 p.m.
Friday	10 a.m. – 3 p.m.

Holidays

ALIVE will be closed in observance of Easter (Sunday, April 17) and Memorial Day (Monday, May 30).



Children in GROW

Directory

ALIVE – Main	541.5800
ALIVE – Fax	541.5810
Class Registration	541.5800, opt. 7
General Information	541.5800, opt. 6
ALIVE Clinical Services	541.5800, 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
COVID Testing Info	541.5817

Helen Johnson 543-1050
SEH President/ALIVE Executive Director
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jacob.campbell@sparrow.org

Kim Dickinson 541-5814
Director of ALIVE Clinical Services
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Kim Freiburger 541-5811
Events Manager/GROW
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Hailey Jungel 543-1050, ext. 52477
Group Exercise Coordinator/Programming
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ALIVE Policies

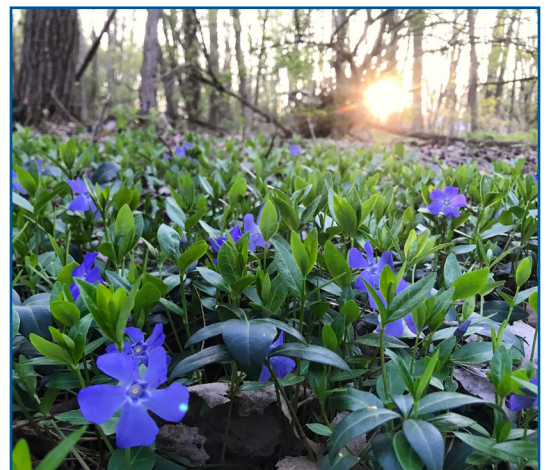
The following policies are to help everyone enjoy a safe and exceptional experience at ALIVE:

- NOURISH by The Big Salad is available to accommodate food and beverage needs. Please refrain from bringing outside food into the building.
- Complimentary lockers and coat hooks to store belongings are available in STOW located just inside the main entrance.
- Please refrain from bringing bags and jackets into classes. ALIVE is not responsible for lost or stolen items.
- For your safety and as a courtesy to others, please do not enter a class or program more than 10 minutes after it has begun.
- For classes requiring reservation of equipment your reserved spot may be given to the next participant in line 10 minutes past the scheduled class start time.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program. (Drop-in activities in SOAR, including rock climbing, are not facilitated.)
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Please return all recreation items to their original location after use. Basketballs and other recreational equipment are available for check-out in MOVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

Safety & Sanitation Guidelines

The following guidelines are in place to help everyone enjoy a safe, exceptional experience at ALIVE:

- If you have experienced any of the following symptoms within the 24 hours prior to a program (or been in contact with someone positive for COVID-19) 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.*
- Masks must be worn at all times when in the building. The only exceptions are in MOVE, SPARK, SOAR, ENERGIZE, GROW or while eating at NOURISH by The Big Salad.
- Sanitation stations will be available at all programs.



PRESERVE outdoors

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 11-16.

- **Free Week: Mar. 6 - Mar. 12**
- **Session 1: Mar. 13 - Apr. 23**
- **Session 2: Apr. 24 - June 4**

Three convenient registration methods:

- Log in to myalive.clubautomation.com
- Using 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 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 Your 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.

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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.

Special Events

MARCH: ABSORB

- Mar. 6 Free Week Begins Pg. 6
- Mar. 7 Fermented Foods:
Sourdough Bread Pg. 31
Gift of Heart Pg. 32
- Mar. 13 St. Patricks Themed Week Begins Pg. 27
Session I Begins Pg. 6
- Mar. 22 Guided Morning Meditation Pg. 36
- Mar. 23 Clean Eating Lunch: Thai Pg. 30
- Mar. 24 Diabetes Support Group Pg. 32
- Mar. 31 Breakfast for Dinner Pg. 30



Breakfast for Dinner

APRIL: AFFIRM

- Apr. 4 Gift of Heart Pg. 32
- Apr. 7 Essential Oils: Supporting Your
Immune System Pg. 35
- Apr. 9 Easter Egg Extravaganza Pg. 38
- Apr. 10 80's Themed Week Begins Pg. 27
- Apr. 12 Make Your Own Macrame Pg. 37
- Apr. 19 Guided Morning Meditation Pg. 36
- Apr. 23 Preschool Sports Sampler Begins
- Apr. 24 Session II Begins Pg. 6
- Apr. 27 Clean Eating Lunch:
Mediterranean Pg. 30
- Apr. 28 Diabetes Support Group Pg. 32
Professional Speaker Series:
Arm Numbness Pg. 33



Occupational Therapy

MAY: ENHANCE

- May 1 Cinco De Mayo
Themed Week Begins Pg. 27
- May 2 Gift of Heart Pg. 32
- May 6 Cricut: The Basics Pg. 34
Not Your Mother's:
Mother's Day Workout Pg. 24
- May 10 Guided Morning Meditation Pg. 36
- May 11 Community Blood Drive Pg. 34
- May 14 Cheese Making: Feta Pg. 30
- May 15 Plant Exchange Pg. 37
- May 18 Professional Speaker Series:
Managing Pain Pg. 33
- May 19 Dine & Design Pg. 35
- May 25 Clean Eating Lunch: Mexican Pg. 30
- May 26 Diabetes Support Group Pg. 32
- May 29 Patriotic Themed Week Begins Pg. 27

JUNE

- June 1 Easy Instant Pot Cooking Pg. 31



DIRECT

Weekly Schedule

Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Yoga Fusion (JD)
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–11:45 a.m.	Barre None (DG)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5 p.m.–5:45 p.m.	Cardio Dance (DG)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–6:50 p.m.	TurboKick (CC)
6:30 p.m.–7:30 p.m.	CrossFit



Brew Crew in NOURISH

Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MMc)
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:50 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:30 a.m.–11:05 a.m.	Live Long, Live Strong (KE)
11:15 a.m.–11:45 a.m.	Circuit Training (MM)
12 p.m.–2 p.m.	Pickleball
12:10 p.m.–12:40 p.m.	30-Minute Blast (MM)
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–6 p.m.	Pickleball
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CD)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None (DG)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:35 p.m.	Yoga: Basic (JD)

Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Pilates (AT)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Step & Sculpt (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
11:10 a.m.–11:55 a.m.	Boxing for Health (MM)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5 p.m.–5:45 p.m.	Cardio Dance (MO)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
6:00 p.m.–6:45 p.m.	STRONG (DG)
6:30 p.m.–7:30 p.m.	CrossFit



Fun Fitness in SOAR

Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MMc)
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (HJ)
9 a.m.–9:50 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:30 a.m.–11:05 a.m.	Live Long, Live Strong (KE)
11:15 a.m.–11:45 a.m.	Circuit Training (MM)
12 p.m.–2 p.m.	Pickleball
12:10 p.m.–12:40 p.m.	30-Minute Blast (MM)
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CD)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–6:45 p.m.	Lifting Ladies (MO)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:35 p.m.	Yoga: Basic (JD)

Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Foam Roller (CJ)
11 a.m.–11:45 a.m.	Barre None (DG)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit



Barre None in ENERGIZE

Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8:05 a.m.–8:55 a.m.	PiYo Plus (AP)
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–9:45 a.m.	30-Minute Blast (MM)
10 a.m.–10:50 a.m.	Yoga: Basic (NH)
11:10 a.m.–11:55 a.m.	Buns & Guns (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing

Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp (DL)
10:30 a.m.–11:15 a.m.	Step & Sculpt (DG)



GROW

Instructors

AP = Alicia P.	HJ = Hailey J.
AT = Amanda T.	JD = Jennifer D.
CJ = Cheryl J.	KE = Kim E.
CC = Christina C.	MM = Maria M.
CD = Chrissy D.	MMc = Morene M.
DG = Danielle G.	MO = Mindy O.
DL = Darius L.	NH = Nick H.

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.



Live Long Live Strong

DO

NOTE: *Signing up for a 6-week session is good for the day/time of the offering selected. For example paying for 6-weeks of 9:05am Tuesday Buns & Guns is good only for that day of the week/time and not interchangeable with another day of the week/time of that class.*

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

30-Minute Blast (I, A)

Only a half-hour to workout? No problem. Cardio and strength exercises are combined to work a lot of muscles and raise your heart rate in a short amount of time in this energizing workout.

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	12:10 p.m. – 12:40 p.m.
Thurs.	12:10 p.m. – 12:40 p.m.
Sat.	9:15 a.m. – 9:45 a.m.

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+.

Cost: \$4/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.
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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: \$30/six-week session
MOVE Member: FREE

Mon.	11 a.m. – 11:45 a.m.
Tues.	5:45 p.m. – 6:30 p.m.
Fri.	11 a.m. – 11:45 a.m.

Bootcamp (I, A)

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

Cost: \$30/six-week session
MOVE Member: FREE

Sun.	9:30 a.m. – 10:15 a.m.
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Basketball: Open Shoot in SOAR

Boxing for Health (B, I)

Utilize specific boxing techniques and exercises designed to combat symptoms for individuals battling Parkinson's and other neurological conditions. New participants will receive an initial orientation prior to beginning the class. Call MOVE at 517.543.9575 to schedule your orientation.

Cost: \$45/six-week session

MOVE Member: \$18/six-week session

Wed. 11:10 a.m. – 11:55 a.m.

Buns & Guns (B, I)



Focus on strengthening and toning your arms, glutes and core in this sculpting-oriented class.

Cost: \$30/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. 11:10 a.m. – 11:55 a.m.

Cardio Dance (B, I)

Dance to music with a Latin flare and today's hits in this high-energy fitness class.

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 5 p.m. – 5:45 p.m.

Wed. 5 p.m. – 5:45 p.m.



Cardio Dance

Circuit Training (B, I)

Make workouts more effective using a combination of cardio and weight machines.

Cost: \$30/six-week session

MOVE Member: FREE

Tues. 11:15 a.m. – 11:45 a.m.

Thurs. 11:15 a.m. – 11:45 a.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 to all fitness levels.

CrossFit upgrade (single): \$59/month

CrossFit upgrade (couple): \$99/month

Drop-in: \$15/class

Mon. – Fri. 5:30 a.m. – 6:30 a.m.

9 a.m. – 10 a.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.

**No 6:30 p.m. class on Fridays.*

Foam Roller (B, I)

Strengthen and stretch muscles to increase flexibility, decrease muscle tension, improve performance and prevent injury using a foam roller. Bringing your own foam roller is encouraged.

Cost: \$30/six-week session

MOVE Member: FREE

Fri. 10 a.m. – 10:45 a.m.

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: \$30/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)

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 14.*

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 14.*

Cost: \$5/class

MOVE Member: FREE

Tues.	8 a.m. – 8:45 a.m. 4:45 p.m. – 5:30 p.m.
Thurs.	8 a.m. – 8:45 a.m. 4:45 p.m. – 5:30 p.m.

Indoor Walking

Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path. **Mask required.**

Cost: FREE

Mon. – Fri.	5:30 a.m. – 9 p.m.
Sat.	7 a.m. – 3 p.m.
Sun.	9 a.m. – 3 p.m.

Interval Training (B, I, A)



Join this fun yet challenging workout that can be tailored to any fitness level and demonstrates the effectiveness and agility of interval-based workouts with the kettlebell & more. Take your strength, endurance and flexibility to the next level.

Cost: \$30/six-week session

MOVE Member: FREE

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

Live Long, Live Strong (B, I)



Helps seniors create exercise programs to address challenges that naturally occur as they age. Includes movement strategies to improve balance.

Cost: \$30/six-week session

MOVE Member: FREE

Tues.	10:30 a.m. – 11:05 a.m.
Thurs.	10:30 a.m. – 11:05 a.m.



PRESERVE

Lifting Ladies (B, I)

Designed to empower women and teach them how to feel confident using all of the equipment that is available for MOVE members. Strong women building muscle and "lifting" each other up. Ages 13 and up are encouraged to attend.

Cost: \$30/six-week session
MOVE Member: FREE

Thurs. 6 p.m. – 6:45 p.m.

Not Your Mother's: Mother's Day Workout (B, I, A)



Instructors: Danielle Gillentine & Mindy Otto

Grab your mom and celebrate her with this fun-filled workout for two that will be sure to have you laughing and sweating all-in-one! (Ages 9 and up.)

Cost: \$10/person
MOVE Member: \$5/person

Fri., May 6 6 p.m. – 6:45 p.m.

Outdoor Walking

Bring a friend and walk along EXPLORE, outdoors. Open dawn until dusk. Includes 1/5-mile outdoor walking trail in PRESERVE.

Cost: FREE



Lifting Ladies

Pickleball (B)

Challenge a friend to this fun game that appeals to all ages. Access to the full pickleball court to organize a game. Rules and instructions available. Payment for drop-in may be made in MOVE. Ages 6 and up.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	10:30 a.m. – 12 p.m. 1:30 p.m. – 3 p.m.
Tues.	12 p.m. – 2 p.m. 4:30 p.m. – 6 p.m.
Wed.	10:30 a.m. – 12 p.m. 1:30 p.m. – 3 p.m.
Thurs.	12 p.m. – 2 p.m.
Fri.	1:30 p.m. – 3 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. – 1 p.m.

Sculpt & Stability (B, I, A)

Join this low cardio, challenging workout that will improve balance and stability, muscle endurance, joint mobility and flexibility.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	9 a.m. – 9:45 a.m.
Fri.	9 a.m. – 9:45 a.m.

Step & Sculpt (B, I, A) NEW TIME

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

Cost: \$30/six-week session
MOVE Member: FREE

Wed. 9 a.m. – 9:45 a.m.
Sun. 10:30 a.m. – 11:15 a.m.

STRONG (B, I, A) NEW TIME

A HIIT workout with a twist. This workout sync's cardio and strength moves to the beat of the music. Optimize your workout and make every minute count as you push beyond your limits. Feel the force, the energy and get fit!

Cost: \$30/six-week session
MOVE Member: FREE

Wed. 6:00 p.m. – 6:45 p.m.

TurboKick (I, A) NEW TIME

Mix kickboxing and dance with this high-energy, H.I.I.T.-filled workout sure to make you sweat while having a great time.

Cost: \$30/six-week session
MOVE Member: FREE

Mon. 6:00 p.m. – 6:50 p.m.



TurboKick

Zumba (B, I)

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

Cost: \$30/six-week session
MOVE Member: FREE

Tues. 10 a.m.–10:50 a.m.
Thurs. 10 a.m.–10:50 a.m.

THEMED WEEKS NEW

Come to group exercise classes sporting themed apparel during the following weeks for fun themed workouts!

Mar., 13-19	St. Patricks Day - Green
Apr., 10-16	80's Inspired - Neon Colors
May 1-7	Cinco De Mayo - Fiesta
May 29 - June 4	Patriotic - Red White & Blue



Personal Training

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: \$30/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)



A mind-body discipline focusing on the breath and activating the core. Increase strength and flexibility. Participants must be comfortable getting up and down from the floor.

Cost: \$30/six-week session
MOVE Member: FREE

Wed.	8 a.m. – 8:45 a.m.
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PiYo Plus (I, A)

A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to upbeat music. PiYo Plus improves strength, balance, and flexibility. It is driven by music, movement, and motivation. PiYo Plus is all of your favorite workouts wrapped into one.

Cost: \$30/six-week session
MOVE Member: FREE

Sat.	8:05 a.m. – 8:55 a.m.
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Yoga: Basic (B)

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

Cost: \$30/six-week session
MOVE Member: FREE

Tues.	9 a.m. – 9:50 a.m. 6:45 p.m. – 7:35 p.m.
Thurs.	9 a.m. – 9:50 a.m. 6:45 p.m. – 7:35 p.m.
Sat.	10 a.m. – 10:50 a.m.

Yoga: Fusion (I, A)

In a small-group setting, use sun salutations and breath-linked movement to transition from one pose to the next, seamlessly. A physically challenging class that allows students to flow and focus on their breath while detoxifying the body, mind and spirit.

Cost: \$30/six-week session
MOVE Member: FREE

Mon.	9 a.m. – 10 a.m.
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Yoga: Basic

EAT

Breakfast for Dinner

Instructor: Adrienne Bunce

Come enjoy breakfast for dinner while learning how to create your own EASY, healthier “convenience” breakfast foods. At this Make ‘N’ Take we will put together granola, pancake/waffle mix, and your very own flavored instant oatmeal to take home, all while enjoying some fresh waffles and fruit syrup.

Cost: \$20/person

Thurs., Mar. 31 6 p.m. - 7 p.m.

Clean Eating Lunch

Instructor: Deb Dillon, MS, RDN

Book Wednesday lunch breaks over tasty, heart-healthy, world fare. Eat while you watch how to easily prepare dishes at home.

Mar. 23: Thai

Apr. 27: Mediterranean

May 25: Mexican

Cost: \$12/person

Wednesdays 12:15 p.m. – 12:45 p.m.

Cheese Making: Feta

Instructor: Gary Colles

Learn to make cheese in your own kitchen. You will learn the basics on making various cheeses including cooking, draining, forming, using cheese cloth, storage and aging, as well as different milks. Work with your partner and take one pound of your delicious concoction home with you.

Cost: \$40/couple or \$20/person

(individuals will be paired up with a fellow class attendee)

Sat., May. 14 9 a.m. – 12 p.m.

Easy Instant Pot Cooking

Instructor: Deb Dillon, MS, RDN

Learn to prepare tasty dishes in the Instant Pot. Talk techniques, enjoy hearty samples and take all recipes home to re-create later.

Cost: \$12/person

Wed., June. 1 12:15 a.m. – 1 p.m.

Fermented Foods: Sourdough Bread

Instructor: Adrienne Bunce

Come bake with us and the sample the results, while learning about the health benefits of sourdough. We will use a sourdough starter to make artisan bread, pancakes, and crunchy crackers. Class includes a sourdough starter with recipes to take home, nurture, and create your own baked goods.

Cost: \$15/person

Mon., Mar. 7 6 p.m. - 8 p.m.



Fermented Foods: Sourdough Bread

SUPPORT

Diabetes Support Group

Facilitator: Deb Dillon, MS, RDN

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 deborah.dillon@sparrow.org.

Cost: FREE

Thurs., Mar. 24	1 p.m. – 2 p.m.
Thurs., Apr. 28	1 p.m. – 2 p.m.
Thurs., May 26	1 p.m. – 2 p.m.

Gift of Heart

Facilitator: Amy Nierenberger

A support group for foster, adoption and kinship families in Eaton County and the surrounding areas. Free childcare provided. Please contact Amy Nierenberger at 517.749.4136 for more information.

Cost: FREE

Mon., Mar. 7	6 p.m. – 8 p.m.
Mon., Apr. 4	6 p.m. – 8 p.m.
Mon., May 2	6 p.m. – 8 p.m.

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. Visit tops.org for pricing information or call 517.410.0482.

Wed.	5:30 p.m. – 7:15 p.m.
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THINK

PRESENTATIONS

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

Professional Speaker Series: Arm Numbness

**Presenter: Chet LaFave, OTR/L, CHT
Cole Christiansen, OTR/L, OTD**

In honor of Occupational Therapy Month, join our Occupational Therapists as they present about common conditions that can cause numbness/tingling in your arm and provide you with tools and exercises to help manage this at home. *Complimentary lunch will be provided for those who register by Tues., Apr 26.*

Cost: FREE

Thurs., Apr. 28	11:45 a.m. – 1 p.m.
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Professional Speaker Series: Managing Pain

Presenter: Dr. Jamie Mueller-Smith

Join us for an educational session on managing pain. Learn about the benefits of osteopathic neuromusculoskeletal medicine (ONMM) as well as other techniques and lifestyle changes that can help you manage pain. *Complimentary lunch will be provided for those who register by Mon., May 16.*

Cost: FREE

Wed., May 18	11:45 a.m. – 1 p.m.
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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

Wed., May 11 12 p.m. – 6 p.m.

Cricut: The Basics

Instructors: Sarah Maurer

Have a cricut machine at home that you've been wanting to create with but unsure where to start? Then Cricut: The Basics is just the class for you! Learn different parts of the cricut, how to create designs on your phone/laptop, send them to print, cutting vinyl, applying the final design to decor, and more. Take home all the tips and tricks while also creating a wooden wall hanging, yours to keep or give as a gift! Please bring cricut machine. All other materials provided (including vinyl). Instructor will be using Explore Air 2.

Cost: \$25

Fri., May 6 6 p.m. – 7:30 p.m.



Cricut: The Basics

Dine & Design

Instructors: Carrie Mason & Emily VanDorpe

Enjoy an evening out as you paint your own spring-themed masterpiece. This beginner-level, step-by-step, instructor-led class will guide you through painting your own set of tile canvases (3 total). Come with an appetite as this program features dinner catered by The Big Salad.

Cost: \$40/person

Thurs., May 19 6:30 p.m. – 8 p.m.

Essential Oils: Supporting Your Immune System

Instructors: Adrienne Bunce

Join us in learning how essential oils can support your immune system throughout the year. Ask questions while making an immunity roller and homemade all purpose cleaner. Class includes 1 immunity roller and 1 bottle of cleaner. \$5 for additional immunity rollers.

Cost: \$20/person

Thurs., Apr. 7 6 p.m. – 7 p.m.



Dine & Design

Guided Morning Meditation

Instructor: Jennifer Davis

Feeling the need to be a bit more present?
Wanting to become more calm amid the chaos?
Join Jen as she guides you through a meditation to help center yourself and cultivate the calm.

Cost: \$10/person

MOVE Member: \$5/person

Tues., Mar. 22	10 a.m. – 10:30 a.m.
Tues., Apr. 19	10 a.m. – 10:30 a.m.
Tues., May 10	10 a.m. – 10:30 a.m.

Injury Clinic

Instructor: ALIVE Clinical Caregivers

If you are experiencing a nagging injury like sore feet, knees or back, join us for a free consult with a health professional (such as a physical therapist) to discuss the problem. *Appointment required; call 517.541.5886 and schedule at a time that is convenient for you, in accordance with therapist availability.*

Cost: FREE

Mon. - Thurs.	6:30 a.m. – 6:30 p.m.
Fri.	6:30 a.m. – 5:30 p.m.



Injury Clinic

Make Your Own Macrame

Instructor: Carrie Mason

Learn how to begin a macrame piece, including an overview of necessary materials (all provided for you). How to work macrame knots, create a design, texture, and pattern within your piece, and take home your very own handmade wall hanging! This class is made for beginners in a step-by-step tutorial style setting.

Cost: \$25/person

Tues., Apr. 12	6 p.m. – 8 p.m.
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Plant Exchange

Spring is here which makes for a great time to transplant for the new year! Participants bring plant(s) they are willing to divide or part with and exchange for something new in multiple rounds of give and take. Bulbs, perennials, shrubs, self-seeding annuals, grasses, or herbs are welcome. Held in HARVEST, outdoors. Please register by calling 517-541-5800, opt. 7.

Cost: FREE

Sun., May 15	10:30 a.m. - 12 p.m.
(10:30-11 check-in, 11 exchange begins)	



Make Your Own Macrame

GROW

Easter Egg Extravaganza

Come experience the magic of Easter. This exciting event includes hunting for eggs, a photo-op and a visit with the Easter Bunny, StoryWalk®, prizes, and holiday-themed refreshments. The special golden eggs are the ultimate find to earn unique, age appropriate prizes. This event is appropriate for ages toddler through 12 years, and will be divided up into age groups of 3 years and under, 4-7 years and 8-12 years.

Cost: Pre-registration: \$5/child
Day-of: \$10/child

Sat., Apr. 9

Ages >3 10 a.m.-10:30 a.m.

Ages 4-7 10:30 a.m.-11 a.m.

Ages 10-12 11 a.m.-11:30 a.m.



Easter Egg Extravaganza

Parents' Great Escape: St. Patrick's Day

Parents, drop the kids off for some fun at ALIVE while you take the evening to relax or go out. Supervised activities include St. Patrick's Day themed crafts/snacks, singing songs, group games, group stories and more. Pizza dinner provided. Ages 3-12 (young children must be fully potty-trained). *Pre-registration is required by March 16; call 517.541.5803.*

Cost: \$18 first child

\$12 per add'l child (same household)

GROW Member: \$16.50 first child

\$11 per add'l child (same household)

Sat., March 19

5 p.m. – 9 p.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. This spring's StoryWalk® (beginning April 11) features *Rachel's Day in the Garden*. A new book is featured quarterly (spring, summer and fall).

Cost: FREE



Rachel's Day in the Garden



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

COST:

- \$5 per child per visit
- \$4 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$19 per month
- Each additional child - \$11 per month

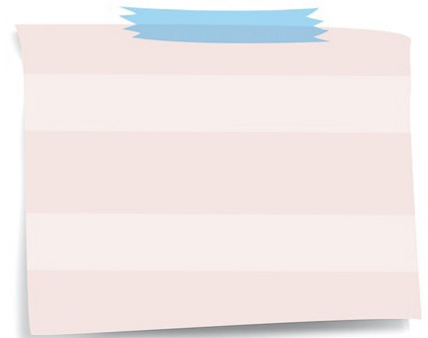
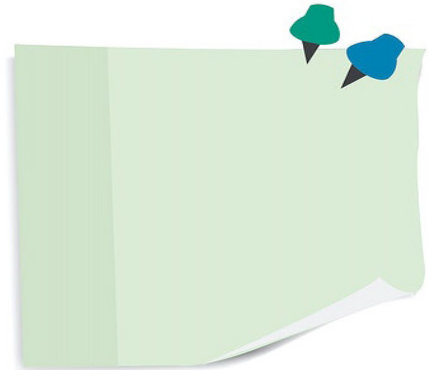
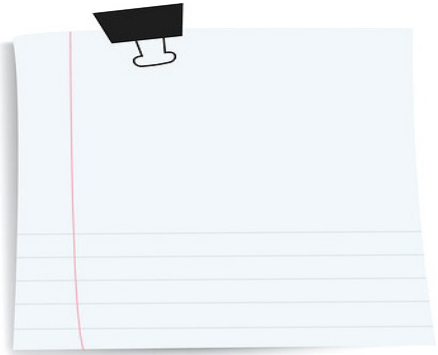
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Call (517) 541-5803 to speak with GROW caregivers.

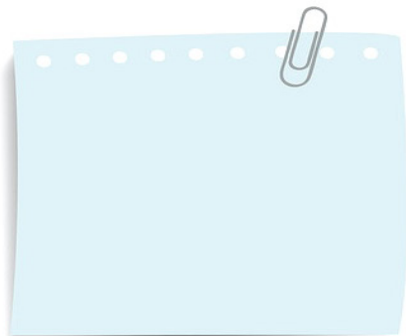
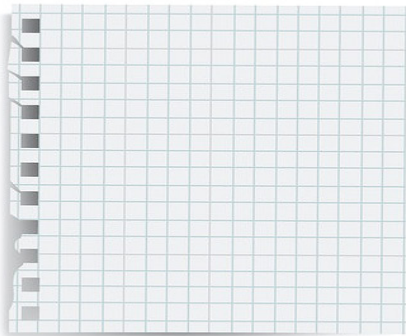
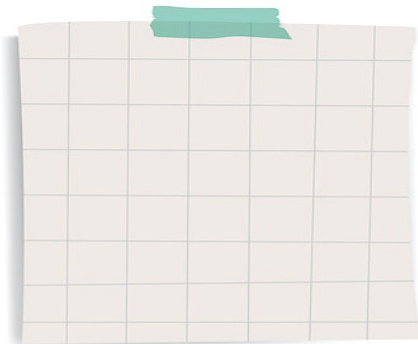


**Children ages 3 months to 24 months require reservations.*

Notes



Notes



Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543.1050
Ambulance Services	911 or 541.5912
Anticoagulation Clinic	541.5861
Breast Care Center	541.5948
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	541.5955
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 Sparrow.org/Eaton.





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

Main 517.541.5800
Fax 517.541.5810