



WINTER 2021-22 PROGRAM GUIDE



December 5, 2021 - March 5, 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. In addition to the holidays listed below, The Big Salad will be closed Friday, December 24 and Friday, December 31.

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

Holidays

ALIVE will be closed in observance of Christmas (Saturday, December 25) and New Year's (Saturday, January 1).

ALIVE will be open limited hours from 6:30 a.m. to 3 p.m. Christmas Eve (Friday, December 24) and New Year's Eve (Friday, December 31).

Directory

| | |
|---------------------------------|------------------|
| ALIVE – Main | 541.5800 |
| ALIVE – Fax | 541.5810 |
| Class Registration | 541.5800, opt. 7 |
| General Information | 541.5800, opt. 6 |
| ALIVE Clinical Services | 541.5800, 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 |

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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.
- Social distancing of at least 6' should be maintained from others from outside of your household.
- Sanitation stations will be available at all programs.
- Time has been set between most programs to allow for transition time and cleaning.



EXPLORE 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.

- **Free Week: Dec. 5 - Dec. 11**
- **Session 1: Dec. 12 - Jan. 22**
- **Session 2: Jan. 23 - Mar. 5**

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

DECEMBER: SHARE

- Dec. 6 Gift of Heart Pg. 32
- Dec. 7 Triathlon Training Orientation Pg. 27
- Dec. 10 Community Blood Drive Pg. 36
- Dec. 14 Triathlon Training Begins Pg. 27
Guided Morning Meditation Pg. 37
- Dec. 16 Diabetes Support Group Pg. 32
- Dec. 18 Santa's Workshop Pg. 39



NOURISH by The Big Salad

JANUARY: RENEW

- Jan. 3 Gift of Heart Pg. 32
- Jan. 6 PSS: Early Career: 5 Smart Investment Strategies Pg. 33
- Jan. 11 Grocery Store Tour Pg. 33
- Jan. 13 PSS: Early Retirement: Distributions From Retirement Plans Pg. 34
- Jan. 14 Ballroom Dance: Open Floor Pg. 18
- Jan. 18 Guided Morning Meditation Pg. 37
- Jan. 19 Professional Speaker Series: Managing Pain Pg. 35
- Jan. 20 Healthy Lunch Prep 101 Pg. 30
PSS: Late Retirement: Wealth Management 101 Pg. 34
- Jan. 27 Diabetes Support Group Pg. 32
String Art Pg. 37
- Jan. 29 10-Year Celebration Pg. 35



Personal Training in MOVE

FEBRUARY: RHYTHM

- Feb. 1 Broadway Cardio Begins Pg. 20
- Feb. 3 PSS: Early Career: 5 Smart Investment Strategies Pg. 33
- Feb. 4 Dine & Design Pg. 36
- Feb. 7 Gift of Heart Pg. 32
- Feb. 8 Guided Morning Meditation Pg. 37
- Feb. 10 Sushi & Frushi Pg. 31
PSS: Early Retirement: Distributions From Retirement Plans Pg. 34
- Feb. 11 Fit to be in Love: Couple's Workout Pg. 22
- Feb. 12 Parents' Great Escape: Valentines Edition Pg. 39
- Feb. 17 PSS: Late Retirement: Wealth Management 101 Pg. 34
- Feb. 22 Community Blood Drive Pg. 36
- Feb. 24 Diabetes Support Group Pg. 32
PSS: Early Career: 5 Smart Investment Strategies Pg. 33
- Feb. 26 Bread Making & Tasting Pg. 30
- Mar. 3 PSS: Early Retirement: Distributions From Retirement Plans Pg. 34
- Mar. 10. PSS: Late Retirement: Wealth Management 101 Pg. 34



PERFORM display

Weekly Schedule

Mondays

| | |
|---------------------|--------------------------|
| Dawn–Dusk | Outdoor Walking |
| 5:30 a.m.–9 p.m. | Indoor Walking |
| 5:45 a.m.–6:45 a.m. | CrossFit |
| 8 a.m.–8:45 a.m. | Kettlebell Circuit (CaD) |
| 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.–6:45 p.m. | Bootcamp (JA) |
| 6:30 p.m.–7:20 p.m. | TurboKick (CC) |
| 6:30 p.m.–7:30 p.m. | CrossFit |



Pickleball in SOAR

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) |
| 5:45 a.m.–6:45 a.m. | CrossFit |
| 8 a.m.–8:45 a.m. | Group Cycling: Spin & Sculpt (CC) |
| 9 a.m.–9:45 a.m. | Buns & Guns (DG) |
| 9 a.m.–9:50 a.m. | Yoga: Basic (JD) |
| 9 a.m.–10 a.m. | CrossFit |
| 10 a.m.–10:50 a.m. | Zumba (DG) |
| 11:15 a.m.–11:45 a.m. | Circuit Training (MS) |
| 12 p.m.–2 p.m. | Pickleball |
| 12:10 p.m.–12:40 p.m. | 30-Minute Blast (MS) |
| 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 |
| 5:30 p.m.–7 p.m. | Injury Clinic |
| 5:45 p.m.–6:30 p.m. | Barre None (DG) |
| 5:45 p.m.–6:35 p.m. | Triathlon Training: Pool (KP) |
| 6:30 p.m.–7:30 p.m. | CrossFit |
| 6:45 p.m.–7:35 p.m. | Yoga: Basic (JD) |

Wednesdays

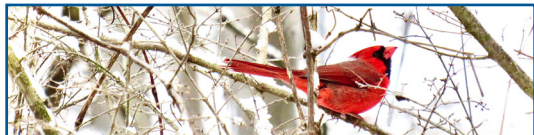
| | |
|-----------------------|--------------------------|
| Dawn–Dusk | Outdoor Walking |
| 5:30 a.m.–9 p.m. | Indoor Walking |
| 5:45 a.m.–6:45 a.m. | CrossFit |
| 8 a.m.–8:45 a.m. | Kettlebell Circuit (CaD) |
| 9 a.m.–9:45 a.m. | Fun Fitness (AT) |
| 9 a.m.–9:45 a.m. | Sculpt & Stability (CJ) |
| 9 a.m.–10 a.m. | CrossFit |
| 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. | Boxing for Health (MM) |
| 12 p.m.–1:30 p.m. | Basketball: Drop-In |
| 12:10 p.m.–12:55 p.m. | Yoga: Basic (JD) |
| 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 p.m.–6:45 p.m. | Bootcamp (JA) |
| 6:30 p.m.–7:15 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) |
| 5:45 a.m.–6:45 a.m. | CrossFit |
| 8 a.m.–8:45 a.m. | Group Cycling: Spin & Sculpt (HJ) |
| 9 a.m.–9:45 a.m. | STRONG (DG) |
| 9 a.m.–9:50 a.m. | Yoga: Basic (JD) |
| 9 a.m.–10 a.m. | CrossFit |
| 10 a.m.–10:50 a.m. | Zumba (DG) |
| 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.–6:35 p.m. | Triathlon Training (KP) |
| 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) |



EXPLORE outdoor

Fridays

| | |
|---------------------|---------------------|
| Dawn–Dusk | Outdoor Walking |
| 5:30 a.m.–9 a.m. | Indoor Walking |
| 5:45 a.m.–6:45 a.m. | CrossFit |
| 8 a.m.–8:45 a.m. | Pilates (AT) |
| 9 a.m.–9:45 a.m. | Tabata (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 |



CrossFit

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) |



Indoor walkers on EXPLORE

Instructors

| | |
|-------------------|------------------|
| AP = Alicia P. | JA = Jasmine A. |
| AT = Amanda T. | JD = Jennifer D. |
| CaD = Carrie D. | KP = Kasey P. |
| CJ = Cheryl J. | MM = Maria M. |
| CC = Christina C. | MMc = Morene M. |
| CD = Chrissy D. | MO = Mindy O. |
| DG = Danielle G. | MS = Miranda S. |
| DL = Darius L. | NH = Nick H. |
| HJ = Hailey J. | |

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.



Little Lifters program orientation

DO

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. |

Ballroom Dance: Open Floor NEW

Instructor: Kimberly Rodriguez

Enjoy open dance floor time supplemented with light instruction on a variety of ballroom styles.

Cost: \$25/couple

MOVE Member: \$10/couple

| | |
|---------------|--------------------|
| Fri., Jan. 14 | 6 p.m. – 7:30 p.m. |
|---------------|--------------------|



Basketball: Drop-In in SOAR

Basketball: Drop-In

Access to full basketball court to organize a pick-up game. Ages 13+. Payment for drop-in may be made in MOVE.

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. |
|------|------------------|

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises 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

| | |
|------|------------------------|
| Mon. | 6 p.m. – 6:45 p.m. |
| Wed. | 6 p.m. – 6:45 p.m. |
| Sun. | 9:30 a.m. – 10:15 a.m. |

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. |
|------|-------------------------|

Broadway Cardio (B, I)

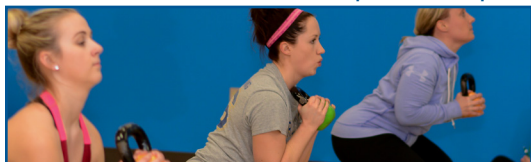
Instructor: Amanda Tollstam

This high energy class features Broadway-themed music and dance that will give you a full body workout while experiencing the excitement that comes with Broadway show tunes.

Cost: \$35/four-week session
MOVE Member: \$20/four-week session

February 1-22

| | |
|-------|-----------------------|
| Tues. | 6:30 p.m. – 7:15 p.m. |
|-------|-----------------------|



Bootcamp

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 a.m. – 9:45 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. |

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. |



Circuit Training

CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored to all fitness levels.

CrossFit upgrade (single): \$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.
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.*

Fit to be in Love: A Couple's Workout (B, I, A)



Instructor: Danielle Gillentine

Bring your partner and put your relationship to the test, in this Valentine's Day inspired, couples workout.

Cost: \$20/couple

MOVE Member: \$10/couple

Fri., Feb. 11 5:30 p.m. – 6:15 p.m.

Foam Roller (B, I)

Increase flexibility, decrease muscle tension, improve performance and prevent injury using a foam roller. Strengthen and stretch muscles. 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 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. |

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

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

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. |
|--------|--------------------|

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

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. Ages 6 and up. Payment for drop-in may be made in MOVE.

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. 4:30 p.m. – 6 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

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| Sat. | 12 p.m. – 1 p.m. |
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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

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|------|--------------------|
| Mon. | 9 a.m. – 9:45 a.m. |
| Wed. | 9 a.m. – 9:45 a.m. |

Step & Sculpt (B, I, A)

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

Cost: \$30/six-week session

MOVE Member: FREE

Sun. 10:30 a.m.–11:15 a.m.

STRONG (B, I, A)



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. 6:30 p.m. – 7:15 p.m.

Thurs. 9 a.m. – 9:45 a.m.

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: \$30/six-week session

MOVE Member: FREE

Fri. 9 a.m. – 9:45 a.m.



Triathlon Training

Triathlon Training



Instructor: Kasey Palmer

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center.

Training workouts will be distributed at orientation, Tuesday, Dec. 7 at ALIVE. Participants will complete a sprint triathlon following the completion of this training, on March 5. Childcare is available for this class (regular rates apply).

Cost: \$60/twelve-week session

\$40/six-week session

MOVE Member:

\$50/twelve-week session

\$30/six-week session

Tues. (pool) 5:45 p.m. – 6:35 p.m.

Thurs. 5:45 p.m. – 6:35 p.m.

TurboKick (I, A)

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. 6:30 p.m. – 7:20 p.m.

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.

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

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|------|--------------------|
| Fri. | 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

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| 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

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|--------|---|
| Tues. | 9 a.m. – 9:50 a.m. 6:45 p.m. – 7:35 p.m. |
| Wed. | 12:10 p.m. – 12:55 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:
MOVE Member:

SPECIAL OFFER

COST REDUCED!

Try this specialized class for just \$30/six-week session. **FREE** to MOVE members, this quarter only!

| | |
|------|------------------|
| Mon. | 9 a.m. – 10 a.m. |
|------|------------------|



Yoga: Basic

EAT

Bread Making & Tasting

Instructor: Sarah Holland

French baguettes will be featured as chef Sarah shows you how to create the perfect loaf. To accompany the fresh baked creations, enjoy a soup and seasoned olive oil from The Big Salad. A take home loaf can be purchased for an additional \$5 (limited quantity available).

Cost: \$20/person

Sat., Feb. 26 10:30 a.m. – 12 p.m.

Healthy Lunch Prep 101

Instructor: Jane Hayes, RDN

Prepare to eat clean as the new year approaches. Let ALIVE's dietitian support you with healthy recipes for easy lunch options that are nutrient-dense and tasty. Learn tips to prep in advance and take lunch on-the-go, in this lunch hour demo.

Cost: \$12/person

Thurs., Jan. 20 12 p.m. – 1 p.m.



Bread Making & Tasting

Sushi & Frushi

Instructor: Deb Dillon, MS, RDN

Satisfy both your sweet and savory taste buds in this lunchtime offering. Learn how to make custom sushi and frushi (fruit dessert) rolls, then enjoy your creations during class. Tips and tricks to recreate this delectable meal at home will be shared.

Cost: \$12/person

Thurs., Feb. 10 11:45 a.m. – 12:30 p.m.



Sushi & Frushi

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., Dec. 16 1 p.m. – 2 p.m.

Thurs., Jan. 27 1 p.m. – 2 p.m.

Thurs., Feb. 24 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., Dec. 6 6 p.m. – 8 p.m.

Mon., Jan. 3 6 p.m. – 8 p.m.

Mon., Feb. 7 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.

THINK

PRESENTATIONS

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

Grocery Store Tour

Facilitator: Jane Hayes, RDN

Learn from ALIVE's dietitian on label reading, budget-friendly meal and snack options, how to shop a store in a healthy and productive way - aisle by aisle, and more. Meet at Charlotte Meijer's main grocery entrance, 5 minutes before the program begins. Call 517-543-1050 ext. 52478 to register.

Cost: FREE

Tues., Jan. 11 6 p.m. - 7 p.m.

Professional Speaker Series: Early Career: 5 Smart Investment Strategies

**Presenter: Sherrie S. Schwartz,
Financial Advisor**

Learn fundamentals such as common investing pitfalls, key principals of investing, how to protect your lifestyle, investing for your customized risk tolerance, and the most efficient way for leaving a legacy.

Cost: FREE

Thurs., Jan. 6 7 p.m. – 8 p.m.

Thurs., Feb. 3 7 p.m. – 8 p.m.

Thurs., Feb. 24 7 p.m. – 8 p.m.

Professional Speaker Series: Early Retirement: Distributions from Retirement Plans

**Presenter: Sherrie S. Schwartz,
Financial Advisor**

Learn fundamentals such as common investing pit falls, key principals of investing, how to protect your lifestyle, investing for your customized risk tolerance, and the most efficient way for leaving a legacy.

Cost: FREE

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|-----------------|-----------------|
| Thurs., Jan. 13 | 7 p.m. – 8 p.m. |
| Thurs., Feb. 10 | 7 p.m. – 8 p.m. |
| Thurs., Mar. 3 | 7 p.m. – 8 p.m. |

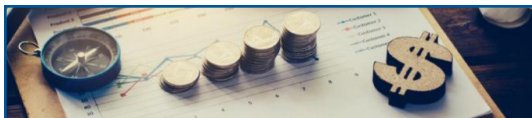
Professional Speaker Series: Late Retirement: Wealth Management 101

**Presenter: Sherrie S. Schwartz,
Financial Advisor**

Learn fundamentals such as common investing pit falls, key principals of investing, how to protect your lifestyle, investing for your customized risk tolerance, and the most efficient way for leaving a legacy.

Cost: FREE

| | |
|-----------------|-----------------|
| Thurs., Jan. 20 | 7 p.m. – 8 p.m. |
| Thurs., Feb. 17 | 7 p.m. – 8 p.m. |
| Thurs., Mar. 10 | 7 p.m. – 8 p.m. |



Professional Speaker Series: Financial Planning

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., Jan 17.*

Cost: FREE

Wed., Jan. 19 11:45 a.m. – 1 p.m.

WORKSHOPS

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

10-Year Celebration

Come to experience, firsthand, all that ALIVE means to our community in this FREE, fun, open-house style event. Enjoy live entertainment, savor refreshments, explore the archives of our rich history, participate in memorable interactions for the whole family, witness testimonials from those we serve and imagine the possibilities of what's to come.

Cost: FREE

Sat., Jan. 29 3:30 p.m. – 6:30 p.m.



10-Year Celebration

Community Blood Drive

Facilitator: Red Cross Volunteers

Blood donation is vital to keeping our community safe. **Sign-up in advance as a donor at redcrossblood.org (use code Alive in the “make your appointment” field) or call 1.800.RED.CROSS (1.800.733.2767) to request a reservation.** Two timeslots available every 15 minutes during drive.

Cost: FREE

| | |
|----------------|------------------|
| Fri. Dec. 10 | 2 p.m. – 7 p.m. |
| Tues., Feb. 22 | 12 p.m. – 6 p.m. |

Dine & Design

Instructors: Carrie Mason & Emily VanDorpe

Enjoy an evening out as you paint your own winter-themed masterpiece. This beginner-level, step-by-step, instructor-led class will guide you through painting your own canvas. Come with an appetite as this program features dinner catered by The Big Salad.

Cost: \$40/person

Fri., Feb. 4 6:30 p.m. – 8 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., Dec. 14 | 10 a.m. – 10:30 a.m. |
| Tues., Jan. 18 | 10 a.m. – 10:30 a.m. |
| Tues., Feb. 8 | 10 a.m. – 10:30 a.m. |

String Art

Instructor: Chrissy Davis

Come and craft your own original, winter-themed, SNOW or LOVE string art (pictured below). The perfect home decor addition or gift to give. All supplies will be provided for this hands-on, tutorial-style class. **Pre-register using the MyAlive mobile app or by calling 517.541.5800 opt. 7.**

Cost: \$20/person

Thurs., Jan. 27 6:30 p.m. – 8 p.m.



String Art

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. **Mask must be worn. Appointment required; call 517.541.5800, opt. 3.**

Cost: FREE

Tues.

5:30 p.m. – 7 p.m.



Injury Clinic

GROW

Parents' Great Escape: Valentines Edition

Parents, drop the kids off for some fun at ALIVE while you take the evening to relax or go out. Ages 3-12 (young children must be fully potty-trained). Supervised activities include Valentine-themed crafts/snacks, singing songs, group games, group stories and more. Pizza dinner provided. Ages 3-12. **Pre-registration is required by Feb. 9; 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., Feb. 12

5 p.m. – 9 p.m.

Santa's Workshop

Experience the magic in this interactive offering that features cookie decorating, a hot cocoa bar, ornament-making, reindeer food making, and letter-writing to Santa. **Pre-registration required by December 15. All ages welcome.**

Cost: \$5/child

Sat., Dec. 18

1:30 p.m. - 3:30 p.m.



Santa's Workshop



**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 - \$17 per month
NOTE: Price increases to \$19 effective February 1
- Each additional child - \$11 per month

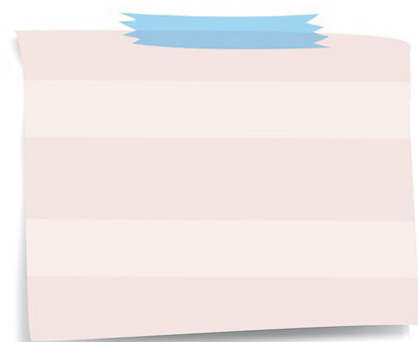
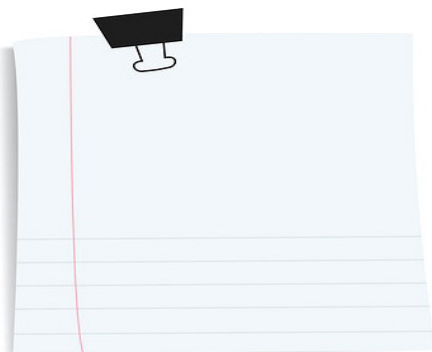
Current hours listed on page 2.

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

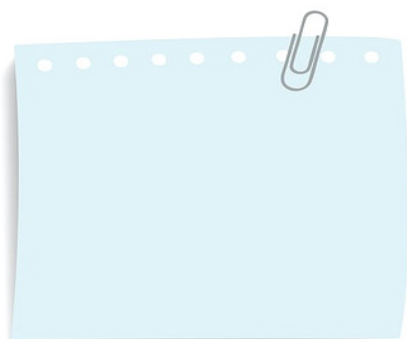
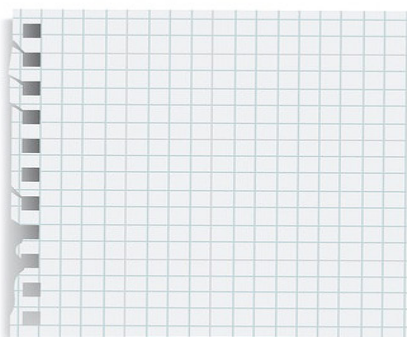
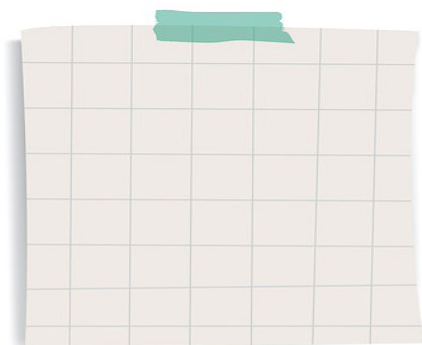


**Children ages 3 months to 24 months require
reservations.*

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