



WINTER/SPRING PROGRAM GUIDE



November 24, 2019 – May 23, 2020
www.myalive.com

Hours of Operation

ALIVE and MOVE

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

NOURISH by The Big Salad

Monday – Thursday	9 a.m. to 7 p.m.
Friday	9 a.m. to 3 p.m.
Saturday	10 a.m. to 1 p.m.*
Sunday	Closed

**Grab 'n' Go / Limited menu available*

GROW

Monday – Friday	8 a.m. to 12 p.m. 4:15 p.m. to 8 p.m.
Saturday	8 a.m. to 12 p.m.
Sunday	9 a.m. to 12 p.m.

Children ages 3 months to 24 months require reservations.

Holidays

ALIVE will be closed in observance of Thanksgiving (Thurs., Nov. 28), Christmas (Wed., Dec. 25), and New Year's Day (Wed., Jan. 1).

ALIVE will be open limited hours, from 6:30 a.m. to 3 p.m. Black Friday (Fri., Nov. 29), Christmas Eve (Tues., Dec. 24), and New Year's Eve (Tues., Dec. 31).

In addition, NOURISH will be closed:

- Saturday, May 23



Dine-in at NOURISH by The Big Salad

Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 1
General Information	541-5800, opt. 1
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

Christina Campbell 541-5812
ALIVE Marketing & Operations Manager
christina.campbell@sparrow.org

Jacob Campbell 543-1050, ext. 52461
Director of Health and Wellness Services
jacob.campbell@sparrow.org

Kim Dickinson 541-5814
Director of ALIVE Clinical Services
kimberly.dickinson@sparrow.org

Kristi Lincoln 541-5803
GROW Manager
kristi.lincoln@sparrow.org

Dana Pray 543-1050, ext. 15880
Director of Development & Experience
dana.pray@sparrow.org

Registration

Pre-registration is required for all programming. Register early to ensure a spot – classes fill quickly. Late registrations are accepted, space permitting, and fees may be pro-rated for the remainder of the session.

Pricing is listed in class descriptions and reflects costs for one six-week session.

- **Session 1: Nov. 24 - Jan. 4**
- **Session 2: Jan. 5 - Feb. 15**
Make-up: Feb. 16 – Feb. 22
- **Session 3: Feb. 23 – Apr. 4**
- **Session 4: Apr. 5 – May 16**
Make-up: May 17 – May 23

Four convenient registration methods:

- Log in to myalive.com.
- Using the MyAlive mobile app.
- Call (517) 541-5800, opt. 1, unless a different phone number is listed.
- Visit ENCOUNTER (the MOVE or FUSE front desk).

GATHER (Event Planning)

Host your next meeting or event at ALIVE. Call (517) 541-5811 for more information or to schedule a date.

LINK

Sign up for LINK for free and receive the following benefits:

- ALIVE check-in
- Customized experiences
- Recreational equipment available for check out in MOVE
- Email notifications on new programs, classes and special events
- Participation in ALIVE programs
- Charge ALIVE purchases and services, including NOURISH by The Big Salad

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
- 50% off studio fee at My Creative Escape

Jem (Journey Experience Member)

All women LINK holders are automatically enrolled as a *Jem*. Benefits include:

- Access to women's only trips and events
- Exclusive offers
- Educational opportunities on women's topics

Look for *Jem* in the program guide to find exclusive women's only or discounted programs.

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 Facebook, Twitter and Instagram for the latest updates on programs and events.



facebook.com/ExperienceALIVE
twitter.com: @ALIVEisYou
instagram.com: @aliveisyou

ALIVE Policies

The following guidelines 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 tobacco-free.

Table of Contents

Special Events

DECEMBER: Share	Page 8
JANUARY: Renew	Page 9
FEBRUARY: Rhythm	Page 10
MARCH: Absorb	Page 11
APRIL: Affirm	Page 12
MAY: Enhance	Page 13

Weekly Schedule	Page 14
------------------------	---------

Program Descriptions

DO	Page 21
BREATHE	Page 37
EAT	Page 40
Demonstrations	Page 40
Workshops	Page 43
SUPPORT	Page 44
THINK	Page 48
Presentations	Page 48
Workshops	Page 52
GROW	Page 58
SEH Service Directory	Page 67

Register online at

www.myalive.com

**or by using the ALIVE
mobile app.**

*(Search myalive with iPhone search and
my alive with IOS.)*

Call (517) 541-5800, opt. 1, with questions about
registering or creating an account.

Special Events

Nov. 21 *Jem* Holiday Centerpieces Pg. 54

DECEMBER: Share

Dec. 2 Professional Speaker Series: Medicare Education Pg. 50

Dec. 5 Gift of Heart Pg. 46

Dec. 10 Healthy Holiday Baking *Rx* Pg. 40
Holistic Health in the Home:
Essential Oils for Winter Pg. 49

Dec. 16 CanHope Support Group Pg. 45

Dec. 17 Alzheimer's Support Group Pg. 44
Protecting Your Identity Pg. 52

Dec. 19 Autism Support Group Pg. 44

Dec. 21 Storytime & Cinnamon Rolls
with Santa Pg. 62



AWAKEN at dusk

JANUARY: Renew

Jan. 2 Gift of Heart Pg. 46
Happy Feet Walking Club Begins Pg. 60

Jan. 8 Plant-Based Surf & Turf *Rx* Pg. 41

Jan. 10 Ballroom Dancing Begins Pg. 21

Jan. 14 Powered by Plants Pg. 46

Jan. 16 Autism Support Group Pg. 44

Jan. 20 CanHope Support Group Pg. 45
Professional Speaker Series: Home &
Office Desktop Ergonomics Pg. 50

Jan. 21 Alzheimer's Support Group Pg. 44

Jan. 22 *Jem* Wreath Making Pg. 57

Jan. 23 Diabetes Support Group Pg. 45

Jan. 30 Soups & Stews *Rx* Pg. 42

Rx – Ludwig vouchers accepted



Snack time in GROW

FEBRUARY: Rhythm

- Feb. 2 Youth Developmental Volleyball Begins Pg. 63
- Feb. 4 Professional Speaker Series: Vision Therapy Pg. 51
- Feb. 5 String Art Make & Take: Valentine Art Pg. 56
- Feb. 6 Cooking with Kids: Tour of Italy Pg. 59
Gift of Heart Pg. 46
- Feb. 7 Turbo Party Pg. 33
- Feb. 8 Cooking with Kids: Tour of Italy Pg. 59
- Feb. 13 Interactive Heart Health Pg. 49
- Feb. 17 CanHope Support Group Pg. 45
- Feb. 18 Alzheimer's Support Group Pg. 44
Cooking Matters Begins Pg. 43
- Feb. 20 Autism Support Group Pg. 44
- Feb. 21 Art & Eat Pg. 53
- Feb. 22 Parents' Great Escape:
Be My Valentine Pg. 61
Preschool Sports Sampler Begins Pg. 61
- Feb. 26 Moroccan Tea Party Pg. 41
- Feb. 27 Diabetes Support Group Pg. 45



NOURISH Sweetheart Latte

MARCH: Absorb

- Mar. 3 Holistic Health in the Home: Essential Oils for Spring Pg. 49
- Mar. 5 Gift of Heart Pg. 46
- Mar. 8 Youth Developmental Volleyball Begins Pg. 63
- Mar. 9 Pour Painting Pg. 55
- Mar. 10 Common Threads: Thriving Beyond Breast Cancer Pg. 48
Powered by Plants Pg. 46
- Mar. 11 Plant-Based Southern Fare *Rx* Pg. 41
Summer String Art for Kids Pg. 63
- Mar. 16 CanHope Support Group Pg. 45
- Mar. 17 Alzheimer's Support Group Pg. 44
- Mar. 19 Autism Support Group Pg. 44
Cheese & Chocolate Pg. 40
- Mar. 20 Turbo Party Pg. 33
- Mar. 22 Easter Egg Extravaganza Pg. 59
- Mar. 24 AARP Driver Safety Begins Pg. 52
- Mar. 26 Diabetes Support Group Pg. 45
- Mar. 31 StoryWalk® Spring Story Begins Pg. 62

Rx – Ludwig vouchers accepted



ALIVE walking chips

APRIL: Affirm

- Apr. 2 Gift of Heart Pg. 46
- Apr. 16 Autism Support Group Pg. 44
Community CPR Pg. 54
Mason Jar Breakfasts *Rx* Pg. 40
- Apr. 17 Country Line Dancing Begins Pg. 25
- Apr. 18 Parents' Great Escape:
Spring Fling Pg. 61
- Apr. 20 CanHope Support Group Pg. 45
- Apr. 21 Alzheimer's Support Group Pg. 44
Jem Professional Speaker Series:
Women's Health/Incontinence Pg. 51
Teen Cuisine Begins Pg. 43
- Apr. 23 Diabetes Support Group Pg. 45
- Apr. 24 Art & Eat Pg. 53
- Apr. 25 Preschool Sports Sampler Begins Pg. 61
- Apr. 29 Moroccan Tea Party Pg. 41
String Art Make & Take:
Symbols Art Pg. 56



Catering by NOURISH by The Big Salad

MAY: Enhance

- May 2 GROW's Got Talent Pg. 60
- May 5 Oh Boy, Opioids! Pg. 49
- May 7 Gift of Heart Pg. 46
Spanish & Mediterranean Tapas *Rx* Pg. 42
- May 11 Pour Painting Pg. 55
- May 12 Powered by Plants Pg. 46
Jem Self-Awareness &
Self-Defense Pg. 56
- May 14 *Jem* Self-Awareness &
Self-Defense Pg. 56
Spanish & Mediterranean Tapas *Rx* Pg. 42
- May 18 CanHope Support Group Pg. 45
- May 19 Alzheimer's Support Group Pg. 44
Basic Estate Planning Pg. 48
- May 21 Autism Support Group Pg. 44
- May 28 Diabetes Support Group Pg. 45
- June 6 Be A Tourist In Your Own Town Pg. 53
Family Health Experience Pg. 54
Playmakers' Satellite Store Pg. 55
Straw Bale Gardening Pg. 56

Rx – Ludwig vouchers accepted

NOURISH
BY THE BIG SALAD

**In a hurry? Call (517) 541-5815 to
place a to-go order for pick-up
or to take-out after your visit.**

**Mon.-Thurs.: 9 a.m. to 7 p.m.
Fri.: 9 a.m. to 3 p.m.
Sat.: 10 a.m. to 1 p.m.***

*Grab 'n' Go / Limited menu available

Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (DL)
5:45 a.m.–6:45 a.m.	CrossFit
7 a.m.–9:30 a.m.	Pickleball: Intermediate
8 a.m.–8:45 a.m.	<i>Jem</i> Turning Point: Fitness (AT)
8:05 a.m.–8:50 a.m.	Kettlebell Circuit (CaD)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	CardioFix+Pilates Plus (CJ)
10 a.m.–10:55 a.m.	Yoga: Fusion (JD)
10:30 a.m.–11:15 a.m.	Heart-Rate Training - Cardio (KP)
11 a.m.–11:45 a.m.	Barre None (DG)
11 a.m.–12 p.m.	Family Fun Time
12 p.m.–1 p.m.	Basketball: Adult Drop-In
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Barre None (DG)
5 p.m.–6 p.m.	Special Olympics Walking Club
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Bootcamp (KB)
5:45 p.m.–6:30 p.m.	Cardio Drumming (ED)
6:30 p.m.–7:30 p.m.	CrossFit
6:40 p.m.–7:35 p.m.	Yoga: Basic (NH)
6:45 p.m.–8:45 p.m.	Pickleball

Tuesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MMc)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
8:05 a.m.–8:50 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:55 a.m.	<i>Jem</i> Zumba Gold (DG)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Phase III Cardiac Rehab
9:30 a.m.–10:30 a.m.	Tai Chi/Qigong Combo (LL)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–12 p.m.	Pickleball
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (KKo)
11:15 a.m.–11:45 a.m.	Circuit Training Gold (MS)
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:40 p.m.	30-Minute Blast (MS)
1 p.m.–2:45 p.m.	Pickleball: Intermediate
2 p.m.–3 p.m.	Phase III Cardiac Rehab
3 p.m.–3:45 p.m.	Boxing for Health (MM)
3 p.m.–4:30 p.m.	Basketball: Teen 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 p.m.–5:45 p.m.	Tabata Bootcamp (DG)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7 p.m.	Injury Clinic
5:40 p.m.–6:40 p.m.	Triathlon Training (TS)
6 p.m.–6:50 p.m.	Step & Sculpt (TD)
6:30 p.m.–7:30 p.m.	CrossFit
6:50 p.m.–7:20 p.m.	Circuit Training Gold (BO)
7:15 p.m.–8:55 p.m.	Basketball: Adult Drop-In

Wednesdays

5:30 a.m.–9 p.m. Indoor & Outdoor Walking
 5:45 a.m.–6:15 a.m. 30-Minute Blast (DL)
 5:45 a.m.–6:45 a.m. CrossFit
 7 a.m.–9:30 a.m. Pickleball: Intermediate
 8 a.m.–8:45 a.m. *Jem* Turning Point: Yoga (AT)
 8:05 a.m.–8:50 a.m. Kettlebell Circuit (CaD)
 9 a.m.–9:45 a.m. Pilates: Basic Matwork (AT)
 9 a.m.–9:50 a.m. Tabata Bootcamp (CJ)
 9 a.m.–10 a.m. CrossFit
 10 a.m.–10:45 a.m. Fun Fitness (AT)
 10 a.m.–10:50 a.m. CardioFix+Pilates Plus (CJ)
 10 a.m.–10:55 a.m. Yoga: Fusion (JD)
 10:30 a.m.–11:15 a.m. Heart-Rate Training - Cardio (KP)
 11 a.m.–11:30 a.m. Foam Roller (MS)
 11 a.m.–12 p.m. Family Fun Time
 12 p.m.–1 p.m. Basketball: Adult Drop-In
 1 p.m.–2:45 p.m. Pickleball
 3 p.m.–4:30 p.m. Basketball: Teen Drop-In
 4:30 p.m.–5:30 p.m. CrossFit
 4:45 p.m.–5:35 p.m. PiYo (CC)
 5:30 p.m.–6:30 p.m. CrossFit
 5:30 p.m.–6:30 p.m. Yoga: Fusion (NH)
 5:30 p.m.–7:15 p.m. TOPS
 5:40 p.m.–6:35 p.m. Zumba (JH)
 5:40 p.m.–6:40 p.m. Triathlon Training - pool (TS)
 5:45 p.m.–6:30 p.m. Bootcamp (KB)
 6:30 p.m.–7:30 p.m. CrossFit
 6:40 p.m.–7:25 p.m. Barre None (DG)
 6:40 p.m.–7:35 p.m. Yoga: Basic (NH)

Thursdays

5:30 a.m.–9 p.m. Indoor & Outdoor Walking
 5:45 a.m.–6:30 a.m. Group Cycling (MMc)
 5:45 a.m.–6:45 a.m. CrossFit
 5:45 a.m.–8 a.m. Basketball: All Ages Drop-In
 8:05 a.m.–8:50 a.m. Group Cycling: Spin & Sculpt (CC)
 9 a.m.–9:55 a.m. Yoga: Basic (JD)
 9 a.m.–9:55 a.m. *Jem* Zumba Gold (DG)
 9 a.m.–10 a.m. CrossFit
 9 a.m.–10 a.m. Phase III Cardiac Rehab
 10 a.m.–10:30 a.m. Deep Stretch (DG)
 10 a.m.–12 p.m. Pickleball
 10:35 a.m.–11:10 a.m. Live Long, Live Strong (KKo)
 11:15 a.m.–11:45 a.m. Circuit Training Gold (MS)
 11:15 a.m.–12 p.m. Parkinson's Exercise Class (KKo)
 12 p.m.–1 p.m. Basketball: Open Shoot
 12:10 p.m.–12:40 p.m. 30-Minute Blast (MS)
 1 p.m.–2:45 p.m. Pickleball: Intermediate
 2 p.m.–3 p.m. Phase III Cardiac Rehab
 3 p.m.–3:45 p.m. Boxing for Health (MM)
 3 p.m.–4:30 p.m. Basketball: Teen 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 p.m.–5:45 p.m. Tabata Bootcamp (DG)
 5:30 p.m.–6:15 p.m. *Jem* Turning Point: Fitness (AT)
 5:30 p.m.–6:30 p.m. CrossFit
 6 p.m.–6:50 p.m. SPORT (TD)
 6:30 p.m.–7:30 p.m. CrossFit
 6:40 p.m.–7:40 p.m. Yoga: Power (NH)
 7:15 p.m.–8:55 p.m. Basketball: Adult Drop-In

Fridays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–7 a.m.	Basketball: All Ages Drop-In
7 a.m.–9:30 a.m.	Pickleball: Intermediate
8:05 a.m.–8:50 a.m.	Kettlebell Circuit (CJ)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:55 a.m.	Yoga: Basic (JD)
11 a.m.–11:45 a.m.	Barre None (DG)
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
12 p.m.–1:25 p.m.	Basketball: Adult Drop-In
1:30 p.m.–2:55 p.m.	Pickleball
3 p.m.–5:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata Bootcamp (DG)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–6:45 p.m.	Heart-Rate Training - Bootcamp (KB)
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In*

* Runs 8-8:55pm Jan. 10-31 due to Ballroom Dancing, February 7 and March 20 due to Turbo Party & April 17-May 22 due to Country Line Dancing



Artist on PERFORM

Saturdays

7 a.m.–9 a.m.	Pickleball: Intermediate
7 a.m.–5 p.m.	Indoor & Outdoor Walking
9:15 a.m.–11 a.m.	Basketball: Adult Drop-In
8:05 a.m.–8:55 a.m.	PiYo (AP)
9 a.m.–9:55 a.m.	Zumba (JH)
9 a.m.–10 a.m.	<i>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic (NH)
11:10 a.m.–11:55 a.m.	Barre None (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
12 p.m.–1 p.m.	Rock Climbing
1:15 p.m.–3:15 p.m.	Pickleball
3:30 p.m.–4:45 p.m.	Volleyball: Drop-In

Sundays

9 a.m.–10 a.m.	<i>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	Volleyball: Drop-In
9 a.m.–5 p.m.	Indoor & Outdoor Walking
10 a.m.–10:45 a.m.	Bootcamp (DL)
10 a.m.–12 p.m.	Basketball: Adult Drop-In
11 a.m.–11:50 a.m.	Step & Sculpt (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2 p.m.	Group Cycling: Virtual Ride



Private event rental in SOAR

Instructors

AP = Alicia P.	KB = Kyle B.
AT = Amanda T.	KK = Kimberly K.
BO = Brett O.	KP = Kasey P.
CaD = Carrie D.	LL = Lisa L.
CC = Christina C.	MM = Maria M.
CD = Chrissy D.	MMc= Morene M.
CJ = Cheryl J.	MS = Miranda S.
DG = Danielle G.	NH = Nick H.
DL = Darius L.	TD = Taylor D.
ED = Ellen D.	TS = Todd S.
JD = Jennifer D.	
JH = Jenny H.	

NOTE: We recently developed a program for children 9-12 years of age called Little Lifters for those 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 in BUILD

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

30-Minute Blast (I, A)

Only a half-hour to workout? No problem. This class has advanced, High Intensity Interval Training and Bootcamp-style workouts that provide a quick, intense and energizing workout.

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

Mon.	5:45 a.m. – 6:15 a.m.
Tues.	12:10 p.m.-12:40 p.m.
Wed.	5:45 a.m. – 6:15 a.m.
Thurs.	12:10 p.m.-12:40 p.m.

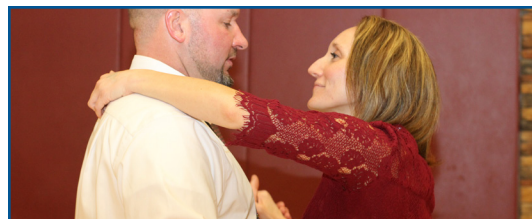
Ballroom Dancing (B, I)

Instructor: Kimberly Rodriguez

Learn the basic steps and fundamentals of popular ballroom styles including foxtrot and some surprise styles selected by the instructor. *Childcare is available for an additional cost (regular rates/policies apply).* **Cost per couple.**

Cost: \$100/four-week session
MOVE Member: \$80/four-week session

Jan. 10-31 Fri. 6:30 p.m. – 7:30 p.m.



Ballroom Dancing in SOAR

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. 4:45 p.m. – 5:30 p.m.
Wed.	6:40 p.m. – 7:25 p.m.
Fri.	11 a.m. – 11:45 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

Basketball: Adult Drop-In

Access to the full basketball court to organize a pick-up game. Ages 18 and up.

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

Mon.	12 p.m. – 1 p.m.
Tues.	7:15 p.m. – 8:55 p.m.
Wed.	12 p.m. – 1 p.m.
Thurs.	7:15 p.m. – 8:55 p.m.
Fri.	12 p.m. – 1:25 p.m.
Sat.	9:15 a.m. – 11 a.m.
Sun.	10 a.m. – 12 p.m.

Basketball: All Ages Drop-In

Access to the full basketball court to organize a pick-up game. Ages 6 and up.

Cost: \$4/drop-in
MOVE and GROW Members: FREE

Tues.	5:45 a.m. – 8 a.m.
Thurs.	5:45 a.m. – 8 a.m.
Fri.	5:45 a.m. – 7 a.m. 6 p.m. – 8:55 p.m.*

*Runs 8-8:55pm Jan. 10-31 due to Ballroom Dancing, February 7 and March 20 due to Turbo Party & April 17-May 22 due to Country Line Dancing

Basketball: Open Shoot

Court is divided for shooting and individual skill development only. No pick-up games. Ages 6 and up.

Cost: FREE

Tues.	12 p.m. – 1 p.m.
Thurs.	12 p.m. – 1 p.m.
Sat.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.

Basketball: Teen Drop-In

Access to the full basketball court to organize a pick-up game. Ages 13 to 17.

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

Mon.	3 p.m. – 4:30 p.m.
Tues.	3 p.m. – 4:30 p.m.
Wed.	3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 p.m.
Fri.	3 p.m. – 5:30 p.m.

Bootcamp (I, A)

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

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

Mon.	5:45 p.m. – 6:30 p.m.
Wed.	5:45 p.m. – 6:30 p.m.
Sun.	10 a.m. – 10:45 a.m.



Basketball in SOAR

Boxing for Health (B, I) NEW

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.

Cost: \$45/six-week session
MOVE Member: \$15/six-week session

Tues.	3 p.m. – 3:45 p.m.
Thurs.	3 p.m. – 3:45 p.m.

Jem BRIDGE: Women-Only Workout

Enjoy an independent workout in a comfortable, non-intimidating atmosphere.

Cost: Day pass (\$10)
MOVE Member: FREE

Sat.	9 a.m. – 10 a.m.
Sun.	9 a.m. – 10 a.m.

Cardio Drumming (B, I) NEW

Fuse cardio interval training with drumming to provide a challenging, heart-pounding workout. Limited number of Ripstix available to check out or purchase.

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

Mon.	5:45 p.m. – 6:30 p.m.
------	-----------------------



Jem BRIDGE: Women-Only Workout

CardioFix+Pilates Plus (B, I, A)

Cardio conditioning with simple movement patterns featuring step, BOSU or nothing at all based on preferences. Transition into Pilates to roll, align and strengthen the core. Participants encouraged to bring a foam roller.

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

Mon.	10 a.m. – 10:50 a.m.
Wed.	10 a.m. – 10:50 a.m.

Circuit Training Gold (B, I) NEW

Ready to jumpstart your fitness journey? Make workouts more effective using a combination of cardio and resistance movements at a pace suitable for all.

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

Tues.	11:15 a.m. – 11:45 a.m. 6:50 p.m. – 7:20 p.m.
Thurs.	11:15 a.m. – 11:45 a.m.

Country Line Dancing (B, I)

Instructor: Danielle Gillantine

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

Cost: \$45/six-week session
MOVE Member: \$15/six-week session

April 17 - May 22 Fri. 6:55 p.m. – 7:55 p.m.



Circuit Training Gold in BLAST

CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located within ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells 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

See page 36 for days and times.

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

Wed. 11 a.m. – 11:30 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: \$4/drop-in
MOVE Member: FREE

Mon. 10 a.m. – 10:45 a.m.

Wed. 10 a.m. – 10:45 a.m.

Fri. 10 a.m. – 10:45 a.m.



Fun Fitness in SOAR

Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels.

Cost: MOVE guest pass
MOVE Member: FREE*

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

**Bike reservations required up to seven days in advance for each class. Reserve online or call (517) 543-9575.*

Group Cycling: Spin & Sculpt (B, I, A)

Group cycling with intervals of weight, resistance and body-weight training exercises to complement cardio endurance.

Cost: MOVE guest pass
MOVE Member: FREE*

Tues. 8:05 a.m. – 8:50 a.m.
4:45 p.m. – 5:30 p.m.

Thurs. 8:05 a.m. – 8:50 a.m.
4:45 p.m. – 5:30 p.m.

**Bike reservations required up to seven days in advance for each class. Reserve online or call (517) 543-9575.*



Group Cycling: Spin & Sculpt in ENERGIZE

Group Cycling: Virtual Ride (B, I, A)

For a little extra motivation, this video-led ride takes you through various courses from around the world.

MOVE Member: FREE

Fri.	12 p.m. – 1 p.m.
Sat.	12 p.m. – 1 p.m.
Sun.	1 p.m. – 2 p.m.

Heart-Rate Training - Bootcamp (I, A)



Join likeminded individuals and be pushed with intentionality through workouts utilizing Myzone's heart rate tracking technology in order to maximize the benefits of this Bootcamp style class. **Cost includes MZ-1 for those who do not currently have a Myzone device.*

Cost: \$45/six-week session
\$90/six-week session*
MOVE Member: \$15/six-week session
\$50/six-week session*

Fri.	6 p.m. – 6:45 p.m.
------	--------------------



Heart Rate Training class' Myzone tracker

Heart-Rate Training - Cardio (B, I, A)



Utilize Myzone's heart rate tracking technology to improve your cardiovascular strength and heart rate recovery. Participants will be led through intentional workouts on a variety of cardio equipment by highly trained staff. **Cost includes MZ-1 for those who do not currently have a Myzone device.*

Cost: \$45/six-week session
\$90/six-week session*
MOVE Member: \$15/six-week session
\$50/six-week session*

Mon.	10:30 a.m. – 11:15 a.m.
Wed.	10:30 a.m. – 11:15 a.m.

Indoor & Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE. Always open during normal operating hours. Nine laps per mile on the indoor walking path. Includes 1/5-mile outdoor walking path and newly expanded trail in PRESERVE.

Cost: FREE

Kettlebell Circuit (I, A)

Join this fun yet challenging workout that demonstrates the effectiveness and agility of circuit-based workouts with the kettlebell. Infuse other equipment such as the TRX suspension training straps to take your strength, endurance and flexibility to the next level.

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

Mon.	8:05 a.m. – 8:50 a.m.
Wed	8:05 a.m. – 8:50 a.m.
Fri.	8:05 a.m. – 8:50 a.m.

Live Long, Live Strong (B, I)

Helps seniors create exercise programs to address challenges that naturally occur during aging. Includes strategies to improve balance.

Cost: \$30/six-week session

MOVE Member: FREE

Tues. 10:35 a.m. – 11:10 a.m.

Thurs. 10:35 a.m. – 11:10 a.m.

Parkinson's Exercise Class

Designed as a next step for graduates of the LSVT BIG program. Involves exercises and techniques to minimize or eliminate symptoms for individuals dealing with Parkinson's disease.

Cost: \$4/drop-in

MOVE Member: FREE

Thurs. 11:15 a.m. – 12 p.m.

Phase III Cardiac Rehab

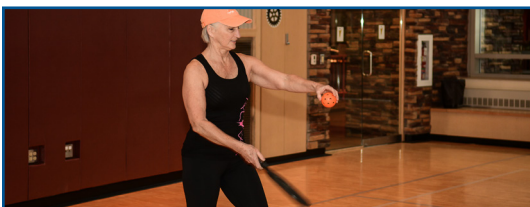
Designed for patients who have successfully completed a cardiopulmonary rehabilitation program to continue developing cardiovascular ability, enhance overall strength and function.

Cost: \$4/drop-in

MOVE Member: FREE

Tues. 9 a.m. – 10 a.m.
2 p.m. – 3 p.m.

Thurs. 9 a.m. – 10 a.m.
2 p.m. – 3 p.m.



Pickleball: Intermediate in SOAR

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.

Cost:

MOVE Member:

\$4/drop-in

FREE

Mon. 1 p.m. – 2:45 p.m.
6:45 p.m. – 8:45 p.m.

Tues. 10 a.m. – 12 p.m.

Wed. 1 p.m. – 2:45 p.m.

Thurs. 10 a.m. – 12 p.m.

Fri. 1:30 p.m. – 2:55 p.m.

Sat. 1:15 p.m. – 3:15 p.m.

Pickleball: Intermediate (I, A)

Challenge a friend to this fun game during a time designated for skilled players level 3.0 and up. Access to the full pickleball court to organize a game. Ages 18 and up.

Cost:

MOVE Member:

\$4/drop-in

FREE

Mon. 7 a.m. – 9:30 a.m.

Tues. 1 p.m. – 2:45 p.m.

Wed. 7 a.m. – 9:30 a.m.

Thurs. 1 p.m. – 2:45 p.m.

Fri. 7 a.m. – 9:30 a.m.

Sat. 7 a.m. – 9 a.m.

SPORT (I, A)

SPORT is a combination of functional barbell strength training and athletic agility drills that will equip you with a total body workout.

Cost:

MOVE Member: FREE

\$30/six-week session

Thurs. 6 p.m. – 6:50 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.
Sun.	12 p.m. – 1 p.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

Tues.	6 p.m. – 6:50 p.m.
Sun.	11 a.m. – 11:50 a.m.

Tabata Bootcamp (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

Mon.	9 a.m. – 9:50 a.m.
Tues.	5 p.m. – 5:45 p.m.
Wed.	9 a.m. – 9:50 a.m.
Thurs.	5 p.m. – 5:45 p.m.
Fri.	9 a.m. – 9:50 a.m. 4:45 p.m. – 5:30 p.m.

Triathlon Training (B, I)

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center. An orientation will be scheduled with registrants prior to the session start. Triathlon registration fee not included. *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.	5:40 p.m. – 6:40 p.m.
Wed. (pool)	5:40 p.m. – 6:40 p.m.

Turbo Party (B, I, A)



Instructors: Alicia Pell & Christina Campbell

Mix kickboxing and dance with a high-energy, HIIT filled workout sure to make you sweat all while having a great time. End the hour long party with 15 minutes of abs and stretching. Grab a friend for this fun Friday offering co-instructed to demonstrate both beginner and advanced levels.

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

Fri., Feb. 7	6:30 p.m. – 7:45 p.m.
Fri. Mar. 20	6:30 p.m. – 7:45 p.m.



Turbo Party in SOAR

Volleyball: Drop-In

Full access to SOAR to organize a pick-up game, work on skills and have fun.

Cost: \$4/drop-in

MOVE Member: FREE

Sat.	3:30 p.m. – 4:45 p.m.
Sun.	9 a.m. – 10 a.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

Wed.	5:40 p.m.–6:35 p.m.
Sat.	9 a.m. – 9:55 a.m.

J&M Zumba Gold (B)

Enjoy traditional Zumba with its Latin flair at a slightly slower pace.

Cost: \$30/six-week session

MOVE Member: FREE

Tues.	9 a.m. – 9:55 a.m.
Thurs.	9 a.m. – 9:55 a.m.



J&M Zumba Gold in SOAR



CrossFit Fade

CrossFit Fade at ALIVE

CrossFit is a perfect full-body workout. Join Eric McGill and his team at CrossFit Fade for a strength and conditioning program intended for all ages.



Mon. – Thurs.	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.
Friday	6:30 p.m. – 7:30 p.m.
	5:45 a.m. – 6:45 a.m.
	9 a.m. – 10 a.m.
	4:30 p.m. – 5:30 p.m.
Saturday	5:30 p.m. – 6:30 p.m.
	9 a.m. – 10 a.m.

Saturday 8 a.m., CrossFit orientation classes available for new members or first-timers participating in a free trial. Class runs only when booked; call (517) 231-6971 to schedule.

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

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

Pilates: Basic Matwork (B)

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

Mon.	9 a.m. – 9:45 a.m.
Wed.	9 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: \$30/six-week session
MOVE Member: FREE

Wed.	4:45 p.m. – 5:35 p.m.
Sat.	8:05 a.m. – 8:55 a.m.

Tai Chi/Qigong Combo (B)

A form of gentle exercise for any body. Tai Chi can both calm and energize, as you learn to feel and move 'life energy' where the body can use it to repair and restore itself. Tie body, mind, and breath together to increase mental focus with stress-free movement.

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

Tues. 9:30 a.m. – 10:30 a.m.

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

Mon.	6:40 p.m. – 7:35 p.m.
Tues.	9 a.m. – 9:55 a.m.
Wed.	6:40 p.m. – 7:35 p.m.
Thurs.	9 a.m. – 9:55 a.m.
Fri.	10 a.m. – 10:55 a.m.
Sat.	10 a.m. – 10:55 a.m.



Yoga: Basic in ENERGIZE

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: \$45/six-week session
MOVE Member: \$15/six-week session

Mon.	10 a.m. – 10:55 a.m.
Wed.	10 a.m. – 10:55 a.m. 5:30 p.m. – 6:30 p.m.

Yoga: Power (I, A)

Strength-based yoga that moves much quicker than the beginner class. Perfect for athletes, cross-training, strength building and more.

Cost: \$45/six-week session
MOVE Member: \$15/six-week session

Thurs.	6:40 p.m. – 7:40 p.m.
--------	-----------------------



Yoga: Fusion in DIRECT

EAT

DEMONSTRATIONS

Be inspired to try something new and watch the chef prepare generous samples. Acquire and learn new techniques from various cooking styles that ignite a passion for cooking.

Cheese & Chocolate

Instructor: Gary Colles

Enjoy two of life's greatest indulgences. Participate in multiple tastings to learn about pairings, flavors, preferences and more.

Cost: \$20

Thurs., March 19 6 p.m. – 7:15 p.m.

Healthy Holiday Baking *Rx*

Instructor: MSU Extension

Seasonal social gatherings can make it difficult to maintain healthful eating. Learn to prepare delicious, flavorful baked goods for the holidays without breaking the calorie bank. **Please call (269)-781-0785 ext. 0785 to register!**

Cost: FREE

Tues., Dec. 10 12 p.m. – 1:30 p.m.

Mason Jar Breakfasts *Rx*

Instructor: Carly Secord, RDN

Prepare ready-to-go healthy breakfasts using mason jars, including overnight oats, parfait blends and more. Receive hearty samples and versatile recipes that allow for personal spins on the morning (or anytime) meal.

Cost: \$20

Thurs., April 16 6 p.m. – 7:30 p.m.

Moroccan Tea Party

Instructor: Inna Phelps

Experience the flavors of Morocco over storytelling, tea and fresh made desserts unique to the Moroccan culture. Hear entertaining stories from recent travels to the country and learn secrets on how to replicate this world fare.

Cost: \$20 per class

Wed., Feb. 26 6:30 p.m. – 7:30 p.m.

Wed., Apr. 29 6:30 p.m. – 7:30 p.m.

Plant-Based Southern Fare *Rx*

Instructor: Karen Cross

Learn to create delicious, vegan-friendly southern cooking including plant-based "pot roast," mac 'n cheese and collard greens. And no good southern meal would be complete without a delicious dessert.

Cost: \$25

Wed., March 11 6:30 p.m. – 7:30 p.m.

Plant-Based Surf & Turf *Rx*

Instructor: Karen Cross

Learn to create delicious, vegan-friendly fare including vegan "fish" and chips, rainbow slaw and a surprise dessert.

Cost: \$25

Wed., Jan. 8 6:30 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted

Soups & Stews *Rx*

Instructor: Carly Secord, RDN

Planning meals ahead can be tricky with a busy schedule. See how simple it is to prepare healthy dinners in the form of soups and stews. Learn tricks to make recipes healthier, freeze for longevity.

Cost: \$20 per class

Thurs., Jan. 30 6 p.m. – 7:30 p.m.

Spanish & Mediterranean Tapas *Rx*

**Instructor: Deb Dillon, MS, RDN &
Carly Secord, RDN**

Learn to create flavorful small-dishes that originated in Spain and have now evolved into sophisticated cuisine around the globe. Taste a number of recipes that make great appetizers, snacks or combine to make a full meal featuring popular Spanish and Mediterranean tapas. Each class will feature the same recipes.

Cost: \$25 per class

Thurs., May 7 12 p.m. – 1:30 p.m.

Thurs., May 14 6 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted



Spanish & Mediterranean Tapas *Rx*

WORKSHOPS

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

Cooking Matters

Instructor: MSU Extension

Learn to eat healthy, cook and grocery shop on a limited budget. Work with an experienced chef/nutrition educator to gain the skills and confidence to make healthy, budget-friendly meals for the family. Each week, participants receive take-home groceries for use at home to practice a recipe they learned in class. One lesson includes a grocery store tour, after which a \$10 shopping challenge is assigned to get groceries for home. *Limited enrollment (max 15). Call (269) 781-0785 ext. 0785 to qualify and register.*

Feb. 18 – Mar. 5

Cost: FREE

Tuesdays & Thursdays 5:45 p.m. – 7:45 p.m.

Teen Cuisine

Instructor: MSU Extension

Teens currently 6th grade through 12th grade are invited to learn about healthy living. Each lesson teaches cooking skills while teaching nutrition, food safety and supplemental physical activity. All lessons build upon one another and allow time to practice new skills as well as reinforce these skills through healthy recipes. A complimentary handbook is included to take home and share with family. *Limited enrollment (max 15). Call (269) 781-0785 ext. 0785 to qualify and register.*

April 21– May 7

Cost: FREE

Tuesdays & Thursdays 4 p.m. – 6 p.m.

SUPPORT

Alzheimer's Support Group

Connect, support and cope with the struggles of having a loved one who has Alzheimer's disease.

Cost: FREE

Tues., Dec. 17	3:30 p.m. – 4:30 p.m.
Tues. Jan. 21	3:30 p.m. – 4:30 p.m.
Tues., Feb. 18	3:30 p.m. – 4:30 p.m.
Tues., Mar. 17	3:30 p.m. – 4:30 p.m.
Tues. Apr. 21	3:30 p.m. – 4:30 p.m.
Tues., May 19	3:30 p.m. – 4:30 p.m.

Autism Support Group

A support group offering the opportunity to connect monthly with individuals caring for children with Autism. Spend an evening with others who understand.

Cost: FREE

Thurs., Dec. 19	6:30 p.m. – 7:30 p.m.
Thurs., Jan. 16	6:30 p.m. – 7:30 p.m.
Thurs., Feb. 20	6:30 p.m. – 7:30 p.m.
Thurs., Mar. 19	6:30 p.m. – 7:30 p.m.
Thurs., Apr. 16	6:30 p.m. – 7:30 p.m.
Thurs., May 21	6:30 p.m. – 7:30 p.m.



Alzheimer's Support Group

CanHope Support Group

Conversations with cancer patients, survivors, family and friends and caregivers. Gatherings involve informal conversations and sometimes feature presentations from medical professionals. Occasional opportunities to take on projects to help those dealing with cancer or to support cancer-related events.

Cost: FREE

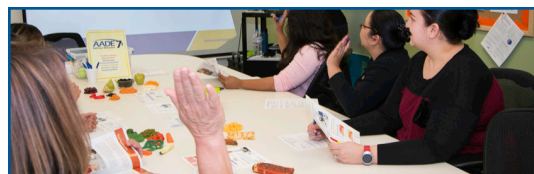
Mon., Dec. 16	6:30 p.m. – 7:45 p.m.
Mon., Jan. 20	6:30 p.m. – 7:45 p.m.
Mon., Feb. 17	6:30 p.m. – 7:45 p.m.
Mon., Mar. 16	6:30 p.m. – 7:45 p.m.
Mon., Apr. 20	6:30 p.m. – 7:45 p.m.
Mon., May 18	6:30 p.m. – 7:45 p.m.

Diabetes Support Group

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating.

Cost: FREE

Thurs., Jan. 23	6:30 p.m. – 8 p.m.
Thurs., Feb. 27	6:30 p.m. – 8 p.m.
Thurs., Mar. 26	6:30 p.m. – 8 p.m.
Thurs., Apr. 23	6:30 p.m. – 8 p.m.
Thurs., May 28	6:30 p.m. – 8 p.m.



Diabetes Support Group

Gift of Heart

Offering support for parents of foster children or adopted children. *Free childcare provided.*

Cost: FREE

Thurs., Dec. 5	6 p.m. – 8 p.m.
Thurs., Jan. 2	6 p.m. – 8 p.m.
Thurs., Feb. 6	6 p.m. – 8 p.m.
Thurs., Mar. 5	6 p.m. – 8 p.m.
Thurs., Apr. 2	6 p.m. – 8 p.m.
Thurs., May 7	6 p.m. – 8 p.m.

Powered by Plants



Leaders: Dr. Mitch Zigler, PT, DPT & Rebecca Barney

A plant-based diet is proving to be an ideal choice for a growing number of people. Join others who share eating ideas and scientific research while promoting healthy eating in a no pressure environment - whether eating plant-based is already a lifestyle or simply a consideration. *For more information visit: www.poweredbyplants.org.*

Cost: FREE

Tues., Jan. 14	6:30 p.m. – 8 p.m.
Tues., Mar. 10	6:30 p.m. – 8 p.m.
Tues., May 12	6:30 p.m. – 8 p.m.



Powered by Plants

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 cancelled if Charlotte has a snow day. Visit www.tops.org for information on pricing & promotions or call (517) 410-0482.

Wed. 5:30 p.m. – 7:15 p.m.

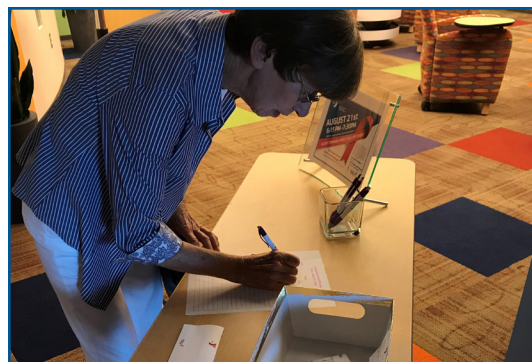
Jem Turning Point Program For Breast Cancer Survivors

Leaders: Amanda Tollstam & Kim Freiburger

ALIVE partners with the YMCA of Lansing to provide fitness sessions for breast cancer survivors. Sessions include health and fitness assessments, nutrition education and more – all focused on participants' specific needs. *Registration required; call (517) 541-5812.*

Cost: FREE

Fitness: Mon.	8 a.m. – 8:45 a.m.
Thurs.	5:30 p.m. – 6:15 p.m.
Yoga: Wed.	8 a.m. – 8:45 a.m.



Jem Turning Point Program registrant

THINK

PRESENTATIONS

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

Basic Estate Planning

Presenter: Kathy Elsesser

Everyone should have a basic estate plan. Regardless of the value of one's assets, preparing a plan for money and belongings following death is important. Understand the basic concepts and vocabulary of estate planning to produce an estate plan that ensures your wishes are known and followed.

Cost: FREE

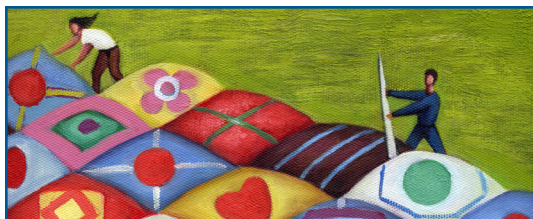
Tues., May 19 6 p.m. – 7 p.m.

Common Threads: Thriving Beyond Breast Cancer

All breast cancer survivors and their caregivers/supporters are invited to an evening of pampering and great conversation! Enjoy massages, hand paraffin treatments, wine, and light refreshments along with other inspirational activities.

Cost: FREE

Tues., Mar. 10 6 p.m. – 7:30 p.m.



Common Threads: Surviving Beyond Breast Cancer

Holistic Health in the Home

Presenter: Allie Phillips

Learn how essential oils can help you stay well and thrive through the seasons, from surviving the long, cold Michigan winter to embracing spring with energy and health. Blends, benefits and more in this educational seminar.

Dec. 10: Essential Oils for Winter

Mar. 3: Essential Oils for Spring

Cost: FREE

Tues., Dec. 10 6 p.m. – 7 p.m.

Tues., Mar. 3 6 p.m. – 7 p.m.

Interactive Heart Health

Presenter: Dr. Joel Cohn, MD

Join this interactive, educational event covering how various elements such as exercise, nutrition and a healthy mindset can positively impact cardiovascular health. *Lunch is provided for those who pre-register by Monday, Feb. 10; call (517) 541-5800, opt. 1.*

Cost: FREE

Thurs., Feb. 13 11:30 a.m. – 1 p.m.

Oh Boy, Opioids!

Presenters: Dr. Cohen & Andruie Bergmooser, PT, DPT, OCS

Gain an understanding of this sometimes misunderstood medication and learn ways to manage pain conservatively. *Refreshments provided for those who pre-register by Friday, May 1; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., May 5 5:30 p.m. – 6:30 p.m.

Professional Speaker Series: Medicare Education

Presenter: Chad Little

This educational workshop is designed to inform individuals about Medicare, including options available. Learn what Medicare is, how it works, common mistakes to avoid/gaps within the program, how to figure out the best plan and what your physician accepts, prescription costs and even the options available in your area or for additional coverage.

Cost: FREE

Mon., Dec. 2 6 p.m. – 7:30 p.m.

Professional Speaker Series: Home & Office Desktop Ergonomics

**Presenters: Cole Christiansen,
OTR/L, OTD & Karri Wills, MS, PT**

Cover the basics of desktop ergonomics for your home and office from how to best position while sitting and working to decreasing the chances of developing chronic pain such as overuse, postural problems, etc. Have the opportunity to ask questions and take home tips in this educational seminar. *Refreshments provided for those who register by Friday, January 17; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Mon., Jan. 20 5:30 p.m. – 6:30 p.m.



Powered by Plants

Professional Speaker Series: Vision Therapy

**Presenters: Dr. Harper Wildern, OD &
Jacob Brown, PT, DPT**

Join us for an educational seminar demonstrating the latest technology and services available to address peripheral impairment, reaction-time delays, hand-eye coordination challenges, poor balance and other visual awareness struggles. *Refreshments provided for those who pre-register by Friday, Mar. 31; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., Feb. 4 5:30 p.m. – 6:30 p.m.

JEM Professional Speaker Series: Women's Health/ Incontinence

**Presenter: Kelli Heyink, PT, DPT &
Miranda Moncada-Sullivan, PT, DPT**

Ladies, learn about a variety of health topics relevant to all ages, including incontinence/pelvic floor, constipation and more. *Lunch is provided for those who register by Friday, April 17; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., Apr. 21 11:30 a.m. – 1 p.m.



Professional Speaker Series: Vision Therapy

Protecting Your Identity

Presenter: Kathy Elsesser

Along with the convenience of online shopping, mobile banking and constant access to email and social networking sites, an increasingly virtual world brings a heightened risk of identity theft. Consumers frequently share information to authenticate themselves. While powerless to stop identity thieves, learn easy measures to secure personal data.

Cost: FREE

Tues., Dec. 17

6 p.m. – 7 p.m.

WORKSHOPS

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

AARP Driver Safety Training

Instructor: AARP

The AARP Smart Driver Course led by AARP Driver Safety is designed for drivers age 50 and older. Cover driving laws, road signage, pavement markings, positioning within a vehicle and more. The goal is to help preserve independence as well as learn strategies for driving safely while aging. Leave with an AARP Driver Safety booklet and certificate of completion that may result in lower car insurance premiums (contact your insurance company for more details). Course requires attendance at both dates. A café is on-site for lunch and beverages. Pre-registration required; payment collected at first session by AARP instructor.

Cost: \$15 (AARP Member)

\$20 (Non-AARP Member)

Tues. Mar. 24 & Thurs., Mar. 26 9 a.m. – 1 p.m.

Art & Eat

Instructor: Michelle Henry

Create unique keepsakes in the form of a group-led doodle and painting session. Specifics to be announced in advance of class dates. All materials provided. *Complimentary food & beverage served for those who pre-register by the Monday prior; call (517) 541-5800, opt. 1.*

Cost: \$25 per class

Fri., Feb. 21

6 p.m. – 8 p.m.

Fri., Apr. 24

6 p.m. – 8 p.m.

Be A Tourist In Your Own Town

Purchase "Be A Tourist In Your Own Town" passports beginning in May at GROW or from the Greater Lansing Convention & Visitors Bureau. Visit more than 80 area attractions and hot spots including ALIVE. *For a complete list of activities visit:*

www.lansing.org/events/be-a-tourist.

Cost: \$1/passport

Sat., June 6

10 a.m. – 5 p.m.



Art & Eat participants

Community CPR

Instructor: Eaton Area EMS staff

The full American Heart Association CPR certification course for the lay person. Includes infant, child, adult CPR and AED. *Limited to 10 participants.*

Cost: \$40

Thurs., Apr. 16 5 p.m. – 7 p.m.

Family Health Experience

Celebrate this new annual event with us by enjoying a variety of activities and interactive fun including a FREE summer cookout, the Playmakers satellite store, door prizes, kids inflatable obstacle course, face painting, crafts, StoryWalk®, health screenings and more.

Cost: FREE

Sat., June 6 10 a.m. – 5 p.m.

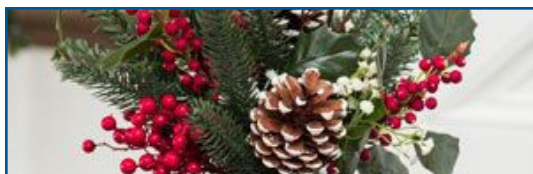
J&M Holiday Centerpieces

**Instructors: Kori Johns &
Kristi Lincoln**

Create a centerpiece for your holiday tablescape or dinner table during this facilitated crafting session. Come solo or grab a girlfriend for this evening of fun with other ladies who will all put a unique spin on this rustic chic decor. All supplies will be provided.

Cost: \$20

Thurs., Nov. 21 6:30 p.m. – 8 p.m.



J&M Holiday Centerpieces

Injury Clinic

Instructor: HGB health professionals

If you have sore feet, heels, knees, back or another nagging injury, join us for a free consult with a sports or health professional, such as a physical therapist, physician or exercise physiologist, to discuss the problem. Clinics also occur at Playmakers in Okemos every Wednesday from 6 p.m. to 8 p.m.

Cost: FREE

Tues. 5:30 p.m. – 7 p.m.

Playmakers' Satellite Store

Don't miss Playmakers sales at their exclusive satellite store set up at ALIVE. Retail includes popular brands like Brooks, New Balance, Keen, Smartwool, Inov-8 and more.

Cost: FREE

Sat., June 6 10 a.m. – 5 p.m.

Pour Painting

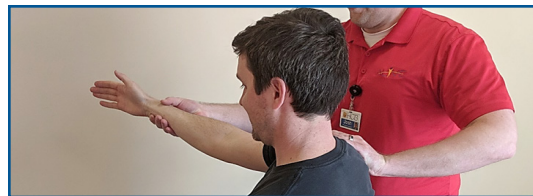
Instructor: Sally Porter

Experience the unique nature of fluid art. Create your own masterpiece by way of acrylic pour flow painting on canvas. All supplies included. *Limited to eight people per class.*

Cost: \$40 per class

Mon., Mar. 9 6 p.m. – 7:30 p.m.

Mon., May 11 6 p.m. – 7:30 p.m.



Injury Clinic

JEM Self-Awareness & Self-Defense

Instructor: Sgt. Pat Daugherty
Michigan State Police

Ladies - learn simple awareness and defense tactics that help identify and avoid potential threats as well as provide security and peace of mind if conflict does arise. Feel confident with your ability to protect yourself from dangerous situations. Includes a brief presentation, Q&A and practical application exercises.

Cost: \$5 per class

Tues., May 12	6 p.m. - 8 p.m.
Thurs., May 14	6 p.m. - 8 p.m.

Straw Bale Gardening

Instructor: Deb Dillon, MS, RDN

Planting a straw bale garden is one of the thriftiest, most versatile ways to grow vegetables and herbs anywhere there's sun. You will be hands-on in HARVEST, our community garden.

Cost: FREE

Sat., June 6	10 a.m. – 11 a.m.
--------------	-------------------

String Art Make & Take

Instructor: Chrissy Davis

Craft some original art using string and nails. These simple yet charming pieces can be used to decorate your home or give as gifts. No two pieces are the same. Ages 13 and up.

Feb. 5: Valentine Art

Apr. 29: Symbols Art

Cost: \$15 per class

Wed., Feb. 5	6:30 p.m. – 8 p.m.
Wed., Apr. 29	6:30 p.m. – 8 p.m.

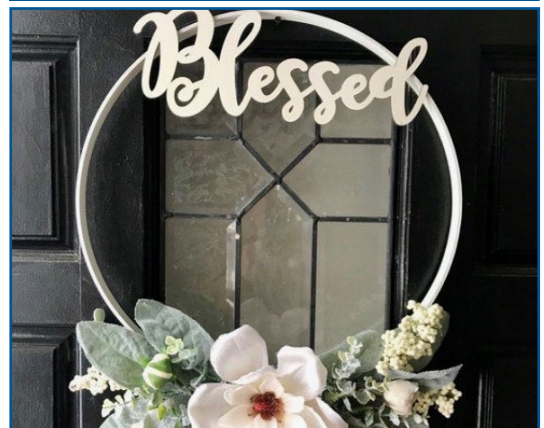
JEM Wreath Making

Instructors: Emily Vandorpe & Kristi Lincoln

Pick one of two festive wreath designs (below) to make during this fun and creative class led by two crafty gals. Ladies, grab a gal pal and spend the evening channeling your inner Martha. All supplies will be provided.

Cost: \$25

Wed., Jan. 22	6 p.m. – 7:30 p.m.
---------------	--------------------



JEM Wreath Making



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
- Each additional child - \$11 per month

Current hours listed on page 2.

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



*Children ages 3 months to 24 months require reservations.

GROW

Cooking with Kids: Tour of Italy

Instructor: Jessica Gutsoe, RDN

Bring your kid(dos) and plan on getting your hands messy while creating an Italian inspired dish the whole family will love! Menu to be announced closer to class dates. Ages 6-12 (must be accompanied by an adult).

**Cost: \$25/parent-child group
\$10 per add'l child (same household)**

Thurs., Feb. 6	6 p.m. – 7:30 p.m.
Sat., Feb. 8	11 a.m. – 12:30 p.m.

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®, interactive games and prizes, and holiday-themed refreshments. The ultimate find are special golden eggs that earn unique, age-appropriate prizes. This event is appropriate for ages toddler through 12 years of age, and will be divided up into age groups of 3 years and under, 4-6 years, 7-9 years, 8-9 years and 10-12 years.

**Cost: \$25/family (by/before Mar. 8)
\$30/family (by/before Mar. 19)**

Sun., Mar. 22	3 p.m. – 5 p.m.
---------------	-----------------



Easter Egg Extravaganza

Family Fun Time

Children ages 0-5 are welcome to play in SOAR with their parents and other friends. This is a non-facilitated time for running, playing and burning off energy. Parents must be present and supervise their own children.

Cost: FREE

Mon.	11 a.m. – 12 p.m.
Wed.	11 a.m. – 12 p.m.

GROW's Got Talent

A night of entertainment and fun watching all of ALIVE's finest young members show off their talents. Be prepared to be wowed, humored and delighted. Visit GROW to sign your child up to participate in the fun; no charge to sign up. Small gifts and refreshments will be available for purchase.

Admission: \$2/person

Sat., May 2	6 p.m. – 8 p.m.
-------------	-----------------

Happy Feet Walking Club

This month-long, walking program is meant to incentivize kids ages 3-12 years of age to get moving. Participants will set individual goals, earn tokens for meeting their goals, be eligible to win random prizes and participate in fun, weekly activities along EXPLORE (the indoor walking path). Children must be accompanied by an adult. *Participate during ALIVE open hours (see page 2).*

Jan. 2-31

Cost: \$15 first child
\$12 per add'l child (same household)

Parents' Great Escape

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: themed crafts, singing songs, group games, group stories and more. Pizza dinner provided. *Pre-registration is required by the Wednesday prior to the event.*

Feb. 22: Be My Valentine

Apr. 18: Spring Fling

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. 22	5 p.m. – 9 p.m.
---------------	-----------------

Sat., Apr. 18	5 p.m. – 9 p.m.
---------------	-----------------

Preschool Sports Sampler

Instructor: Kylie Berger

This sports sampler class is designed to teach 3- to 5-year olds the basics of three sports: basketball, soccer and floor hockey. Each week a different sport is featured. Age appropriate instruction, scoring and basic skills will be the focus.

Feb. 22 - Mar. 7

Apr. 25 - May 9

Cost: \$15/three-week session

GROW Member: \$12/three-week session

Sat., Feb. 22-Mar. 7	9 a.m. – 9:45 a.m.
----------------------	--------------------

Sat., Feb. 22-Mar. 7	10 a.m. – 10:45 a.m.
----------------------	----------------------

Sat., Apr. 25-May 9	9 a.m. – 9:45 a.m.
---------------------	--------------------

Sat., Apr. 25-May 9	10 a.m. – 10:45 a.m.
---------------------	----------------------

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try the rock climbing safari on ASCEND. Receive a sticker for the highest level attained. **See page 33 for open rock climbing schedule.** Ages 5-12; minimum weight requirement is 45 lbs. *A parent or guardian must sign in and be present during the session.*

Storytime & Cinnamon Rolls with Santa

Come experience the magic of Christmas! The excitement includes fresh baked cinnamon rolls, a Christmas classic read by a storyteller (and surprise guest), writing/sending your holiday wishlist to the North Pole, a photo-op with Santa and hayride to enjoy hot cocoa by the fire under the Floyd M. Jewell Memorial. All families are encouraged to wear Christmas pajamas to this event.

Cost: \$25/family (by/before Dec. 6)

\$30/family (by/before Dec. 19)

Sat., Dec. 21

10 a.m. – 12 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. A new book is featured each spring, summer and fall. This spring's StoryWalk® story begins March 31.

Cost: FREE

Summer String Art for Kids

Instructor: Chrissy Davis

Sign up your child for this kid-friendly spin on our popular adult program creating art from string. Each child makes a summer-themed masterpiece and takes home the skills to be able to create more. Ages 4-12. *A parent must be present during the session unless approved by instructor.*

Cost: \$15

Wed., Mar. 11

6 p.m. – 7:30 p.m.

Youth Developmental Volleyball

Instructor: Hailey Jungel

Designed for students currently in 5th-8th grades, this program teaches skill development including setting, passing, serving, attacking and more. Participants will develop and improve skills through intentional drill work and a cumulative scrimmage to apply newly learned skills. *Limited enrollment (max 14).*

Feb. 2-16

Mar. 8-22

Cost: \$40/three-week session

MOVE/GROW Member:

\$35/three-week session

Sun.

3 p.m. - 4:30 p.m.



Storytime & Cinnamon Rolls with Santa

Notes

Notes

[illegible]

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





800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

Main (517) 541-5800

Fax (517) 541-5810

