



SUMMER/FALL PROGRAM GUIDE



May 26, 2019 – November 23, 2019
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.

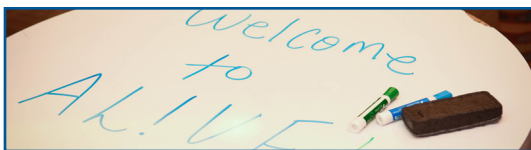
Children ages 3 months to 24 months require reservations.

Holidays

ALIVE will be closed in observance of Memorial Day (May 27), Independence Day (July 4), Labor Day (Sept. 2) and Thanksgiving Day (Nov. 28).

In addition, NOURISH will be closed:

- Saturday, May 26
- Saturday, June 15
- Friday, July 5
- Saturday, July 6
- Saturday, Aug. 31
- Saturday, Sept. 7
- Friday, Nov. 29
- Saturday, Nov. 30



GATHER Conference Area

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

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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: May 26 – July 6**
- **Session 2: July 7 – Aug. 17**
Make-up: Aug. 18 – Aug. 24
- **Session 3: Aug. 25 – Oct. 5**
- **Session 4: Oct. 6 – Nov. 16**
Make-up: Nov. 17 – Nov. 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 at So Simply
- 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.

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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

- May 30 Clean Eating Lunch: Mexican *Rx* Pg. 40
 May 31 StoryWalk® Summer Story Begins Pg. 64

JUNE: Prevent

- June 1 Be A Tourist In Your Own Town Pg. 54
 Straw Bale Gardening Pg. 58
- June 4 *JEM* Professional Speaker Series:
 Breast Cancer Awareness, Prevention
 & Treatment Pg. 51
- June 6 Gift of Heart Pg. 47
- June 7 Hip Hop Step Pg. 28
- June 13 Healing Hearts Pg. 47
- June 15 Father's Day Family Health Event Pg. 55
 Playmakers' Satellite Store Pg. 57
 Strengthen, Stretch, Roll Pg. 58
- June 17 CanHope Support Group Pg. 46
 Charlotte Area Sports Performance
 Training Begins Pg. 25
- June 18 Alzheimer's Support Group Pg. 45
- June 20 Autism Support Group Pg. 45
 Clean Eating Lunch: Italian
 (Faux Pasta) *Rx* Pg. 40
- June 21 Book Discussion:
 Struggle & Strength Pg. 49
- June 23 Summer Beach Market Series Pg. 33
- June 24 ALIVE Mini Camp: Come Create
 With Me Begins Pg. 61
 ALIVE Youth Running Camp Begins Pg. 62
- June 25 Holistic Health in the Home: Essential
 Oils for Wellness & Balance Pg. 49
- June 27 Diabetes Support Group Pg. 46

JULY: Energize

- July 8 ALIVE Mini Camp: Come Explore With
 Me Begins Pg. 61
- July 9 Group Guitar: Beginner Begins Pg. 55
- July 11 Heart Healthy Cooking *Rx* Pg. 41
 Holistic Health in the Home: Learn
 How Crystals Really Work Pg. 49
- July 15 ALIVE Mini Camp: Come Stir Up Fun
 With Me Begins Pg. 62
 CanHope Support Group Pg. 46
 Powered by Plants Pg. 50
- July 16 Alzheimer's Support Group Pg. 45
 Professional Speaker Series: Balance &
 Vestibular Pg. 50
- July 17 Plant-Based Cookout *Rx* Pg. 42
- July 18 Autism Support Group Pg. 45
 Easy Instant Pot Cooking *Rx* Pg. 41
- July 21 Summer Beach Market Series Pg. 33
- July 22 ALIVE Mini Camp: Come Play
 With Me Begins Pg. 62
 Taste of the World Youth Culinary
 School Begins Pg. 44
 Wildflower Walk Pg. 65
- July 25 Diabetes Support Group Pg. 46
- July 26 Country Line Dancing Begins Pg. 26
- July 29 ALIVE Mini Camp: Come Make Music
 With Me Begins Pg. 61

Rx – Ludwig vouchers accepted



Father's Day Family Health Event

AUGUST: Focus

- Aug. 5 Taste of the World Youth Culinary School Begins Pg. 44
- Aug. 6 *J&M* Art with a Twist: Doodle on Vinyl w/Michelle Henry Pg. 54
- Aug. 7 Moroccan Cooking Pg. 42
- Aug. 8 Culinary Medicine: Digestive Health *Rx* Pg. 40
- Aug. 11 Hip Hop Step Pg. 28
- Aug. 12 Pour Painting Pg. 57
- Aug. 15 Autism Support Group Pg. 45
- Aug. 17 Parents' Great Escape: Back to School Carnival Pg. 64
- Aug. 19 CanHope Support Group Pg. 46
- Aug. 20 Alzheimer's Support Group Pg. 45
- Aug. 22 Diabetes Support Group Pg. 46
- Aug. 25 Summer Beach Market Series Pg. 33
- Aug. 27 AARP Driver Safety Training Begins Pg. 53
- Aug. 29 Clean Eating Lunch: Garden to Grill *Rx* Pg. 40
- Aug. 30 StoryWalk® Fall Story Begins Pg. 64



REFLECT courtyard

SEPTEMBER: INSPIRE

- Sept. 3 Group Guitar: Intermediate Begins Pg. 55
Group Percussion Begins Pg. 55
- Sept. 5 Culinary Medicine: Anti-Inflammatory Approach *Rx* Pg. 40
Gift of Heart Pg. 47
- Sept. 7 live life. Nspired Pg. 29
- Sept. 10 Powered by Plants Pg. 50
Professional Speaker Series: Hand & Wrist Pain Pg. 52
- Sept. 11 Plant-Based Mexican *Rx* Pg. 43
- Sept. 12 HGB Annual Gala Pg. 57
- Sept. 16 CanHope Support Group Pg. 46
Pour Painting Pg. 57
- Sept. 17 Alzheimer's Support Group Pg. 45
- Sept. 19 Autism Support Group Pg. 45
Clean Eating Lunch: Mexican *Rx* Pg. 40
- Sept. 24 Community CPR Pg. 55
Walk & Talk Series: Roz Boyne, NP Pg. 59
- Sept. 26 Diabetes Support Group Pg. 46
- Sept. 27 Open Ballroom Pg. 30

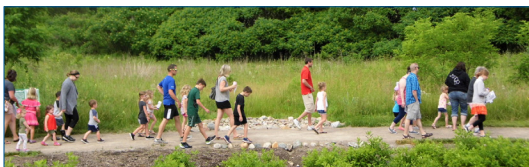
Rx – Ludwig vouchers accepted



live life. Nspired 5K Walk/Run

OCTOBER: Balance

- Oct. 1 *JEM* Art with a Twist: Painting on Canvas w/Dee Denio Pg. 54
- Oct. 2 String Art Make & Take: Fall Art Pg. 58
Traditional Russian Cooking Pg. 43
- Oct. 3 Culinary Medicine: Calcium-Rich Cooking *Rx* Pg. 40
Gift of Heart Pg. 47
Heart Healthy Cooking *Rx* Pg. 41
- Oct. 4 Hip Hop Step Pg. 28
- Oct. 9 *JEM* Women's Tee Time Pg. 59
- Oct. 10 Healing Hearts Pg. 47
- Oct. 11 Open Ballroom Pg. 30
- Oct. 14 Easy Instant Pot Cooking *Rx* Pg. 41
Pour Painting Pg. 57
- Oct. 15 Alzheimer's Support Group Pg. 45
Professional Speaker Series: Domestic Violence Pg. 51
- Oct. 17 Autism Support Group Pg. 45
- Oct. 19 Parents' Great Escape:
SPOOKTACULAR Pg. 64
- Oct. 21 CanHope Support Group Pg. 46
- Oct. 23 Moroccan Cooking Pg. 42
- Oct. 24 Clean Eating Lunch: African *Rx* Pg. 40
Diabetes Support Group Pg. 46
JEM Rising From a Storm to a Life with Purpose Pg. 53
JEM Survive & Thrive: Cooking for Breast Cancer Survivors Pg. 43



StoryWalk®

NOVEMBER: Embrace

- Nov. 5 Pajamas, Bedtime & Yoga Pg. 63
Professional Speaker Series:
Got Pain? Pg. 52
- Nov. 6 Traditional Russian Cooking Pg. 43
- Nov. 7 Culinary Medicine: Cooking for Blood Sugar Control *Rx* Pg. 40
Gift of Heart Pg. 47
- Nov. 8 Playmakers' Satellite Store Pg. 57
- Nov. 9 Playmakers' Satellite Store Pg. 57
Women's Health Experience Pg. 59
- Nov. 13 Plant-Based Breakfast *Rx* Pg. 42
- Nov. 14 Healing Hearts Pg. 47
Healthy Holiday Baking *Rx* Pg. 41
- Nov. 18 CanHope Support Group Pg. 46
- Nov. 19 Alzheimer's Support Group Pg. 45
- Nov. 20 String Art Make & Take: Winter Art Pg. 58
- Nov. 21 Autism Support Group Pg. 45
Diabetes Support Group Pg. 46
- Dec. 10 Healthy Holiday Baking *Rx* Pg. 41

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 (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–8 a.m.	Yoga: Basic (CF)
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 Bootcamp (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)
11 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 p.m.	Family Fun Time
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Weight Watchers
12:05 p.m.–12:55 p.m.	Bootcamp (CC)
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:20 p.m.	Parkinson's Boxing Class (KS)
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–5:30 p.m.	STRIDE Running Club (KP)
4:45 p.m.–5:30 p.m.	Barre None (DD)
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 (DL)
5:45 p.m.–6:30 p.m.	POUND (ED)
6:30 p.m.–7:30 p.m.	CrossFit
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)

Tuesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
5:45 a.m.–6:35 a.m.	PiYo (AP)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
8 a.m.–9 a.m.	Ping Pong
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 (DD)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Phase III Cardiac Rehab
9 a.m.–10 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)
10:35 a.m.–11:10 a.m.	POUND (ED)
11:15 a.m.–11:45 a.m.	Circuit Training (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)
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 (DD)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7 p.m.	Injury Clinic
6 p.m.–6:50 p.m.	R.I.P.P.E.D. (TD)
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–7:45 p.m.	Kettlebell Bootcamp (JC)
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 (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–8 a.m.	Yoga: Basic (CF)
7 a.m.–9:30 a.m.	Pickleball: Intermediate
8 a.m.–8:45 a.m.	<i>Jem</i> Turning Point: Yoga (AT)
8:05 a.m.–8:50 a.m.	TRX 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)
11 a.m.–11:30 a.m.	Foam Roller (MS)
11 a.m.–12 p.m.	Family Fun Time
11 a.m.–12 p.m.	Mommy & Me Yoga (JD)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12:05 p.m.–12:55 p.m.	PiYo (CC)
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
4:30 p.m.–5:30 p.m.	STRIDE Running Club (KP)
4:45 p.m.–5:35 p.m.	PiYo (AP)
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
5:35 p.m.–6:30 p.m.	Zumba (JH)
5:45 p.m.–6:30 p.m.	Bootcamp (DL)
6:30 p.m.–7:30 p.m.	CrossFit
6:35 p.m.–7:20 p.m.	Barre None (DD)
6:40 p.m.–7:40 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 (MM)
5:45 a.m.–6:45 a.m.	CrossFit
6:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
8 a.m.–9 a.m.	Ping Pong
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 (DD)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (DD)
10 a.m.–12 p.m.	Pickleball
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (KKo)
10:35 a.m.–11:10 a.m.	Z-Box (ED)
11:15 a.m.–11:45 a.m.	Circuit Training (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)
2 p.m.–3 p.m.	Phase III Cardiac Rehab
3 p.m.–5:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:20 p.m.	Parkinson's Boxing Class (KS)
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CD)
5:30 p.m.–6:15 p.m.	<i>Jem</i> Turning Point: Fitness (AT)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Tabata Bootcamp (DD)
6:30 p.m.–7:30 p.m.	CrossFit
6:35 p.m.–7:20 p.m.	Z-Box (TD)
6:40 p.m.–7:40 p.m.	Yoga: Power (NH)
6:45 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.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–7 a.m.	Basketball: All Ages Drop-In
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–9:30 a.m.	Pickleball: Intermediate
8:05 a.m.–8:50 a.m.	TRX 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 (DD)
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 (DD)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In*

* Runs 7:45-8:55 p.m. Sept. 27 & Oct. 11 due to Open Ballroom



Weight Watchers in DIRECT

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 (DD)
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.	CardioFix/Pilates Plus (DD)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Ping Pong
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2 p.m.	Group Cycling: Virtual Ride



Artist on PERFORM

Instructors

AP = Alicia P.	JC = Jaime C.
AT = Amanda T.	JD = Jennifer D.
CaD = Carrie D.	JH = Jenny H.
CC = Christina C.	KS = Katelyn S.
CD = Chrissy D.	KKo = Kimberly K.
CF = Chelsea F.	KP = Kasey P.
CJ = Cheryl J.	LL = Lisa L.
DD = Danielle D.	MM = Morene M.
DL = Darius L.	MS = Miranda S.
ED = Ellen D.	NH = Nick H.
GR = Greg R.	TD = Taylor D.

NOTE: 9- to 12-year-olds can attend any FREE MOVE member DO or BREATHE class (with instructor's approval) with their parent or guardian at no cost with a GROW membership.



INDULGE locker room and sauna

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

15-Minute Abs (B, I)

Feel the burn with this quick 15-minute ab workout. Leave feeling like you have abs of steel.

Cost: \$20/six-week session
MOVE Member: FREE

Mon.	6:15 a.m. – 6:30 a.m.
Wed.	6:15 a.m. – 6:30 a.m.
Fri.	6:15 a.m. – 6:30 a.m.

30-Minute Blast (I, A)



Only a half-hour to workout? No problem. This class has advanced, boot camp-style exercises 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.
Fri.	5:45 a.m. – 6:15 a.m.



30-Minute Blast in ENERGIZE

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.	6:35 p.m. – 7:20 p.m.
Fri.	11 a.m. – 11:45 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

Basketball: Adult Drop-In NEW TIME

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

* Runs 7:45-8:55 p.m. Sept. 27 & Oct. 11 due to Open Ballroom

Basketball: Open Shoot

Court is divided for shooting only and individual skill development. 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. – 5:30 p.m.
Fri.	3 p.m. – 5:30 p.m.

Bootcamp (I, A) NEW TIME

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

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

Mon.	12:05 p.m. – 12:55 p.m. 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

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.

CardioFix/Pilates Plus (B, I, A) NEW TIME

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.
Sun.	11 a.m. – 11:50 a.m.



CardioFix/Pilates Plus in ENERGIZE

Charlotte Area Sports Performance Training NEW

Instructor: Eric McGill

Learn the fundamental movements of the ten domains of fitness including: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy – all essential for excelling in sports. Assessments conducted at the beginning of each session to work on specific goals. Individualized sports programs will be developed and implemented weeks five through nine. Ages 12-18 years old.

Cost: \$225/nine-week session
\$150 per add'l child (same household)

MOVE Member:
\$210/nine-week session
\$135 per add'l child (same household)

June 17 - August 16

Mon., Wed., Fri. 10 a.m. – 12:30 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 in BLAST

Country Line Dancing (B, I)

Instructor: Danielle Dolson

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: \$30/six-week session

July 26 – Aug. 30 Fri. 6 p.m. – 7 p.m.

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.*

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.



Country Line Dancing in ENERGIZE

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.

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: 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.

Hip Hop Step (B, I)



Instructor: Dontaye Garrett

Mix fitness and hip hop with a step to work quads, glutes and core in this funky spin on a traditional favorite.

Cost: \$12/class

MOVE Member: \$10/class

Fri., June 7	6 p.m. – 7:30 p.m.
Sun., Aug. 11	2 p.m. – 3:30 p.m.
Fri., Oct. 4	6 p.m. – 7:30 p.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



Hip Hop Step

Kettlebell Bootcamp (I, A)

Learn how versatile the kettlebell is and improve confidence in weight lifting, fitness level, strength, stability and flexibility. A challenging yet fun workout that shows how safe and effective kettlebell can be.

Cost: \$30/six-week session

MOVE Member: FREE

Mon.	8:05 a.m. – 8:50 a.m.
Tues.	7 p.m. – 7:45 p.m.

live life. Nspired.

This annual HGB 5K run and 1.5-mile family walk is inspired by Natalie Freiburger's 11 years of life lived fully. Join participants from all walks of life for this unique generosity experience. Visit livelifeinspired.org for early registration dates and race start times.

Cost: 5K Run - \$18/\$20/\$25

Family Run - \$43/\$48/\$60

Family Walk - FREE

Sat., Sept. 7	Registration: 8 a.m. Race start: 9:45 a.m.
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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.



live life. Nspired.

Open Ballroom Dance (B, I) **NEW**

Instructor: Kimberly Rodriguez

Enjoy "open dance floor" time supplemented with light instruction on a variety of ballroom styles. Includes refreshments. Cost is per couple. *Childcare is available for an additional cost (regular rates/policies apply).*

Cost: \$25/class

MOVE Member: \$10/class

Fri., Sept. 27 6 p.m. – 7:30 p.m.
Fri., Oct. 11 6 p.m. – 7:30 p.m.

Parkinson's Boxing Class

Specialized class involving elements that boxers use to condition and improve. Studies show these exercises can help reduce Parkinson's symptoms.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Mon. 4:30 p.m. – 5:20 p.m.
Thurs. 4:30 p.m. – 5:20 p.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

Tues. 11:15 a.m. – 12 p.m.
Thurs. 11:15 a.m. – 12 p.m.



Open Ballroom Dance in SOAR

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.
Thurs. 2 p.m. – 3 p.m.

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: \$4/drop-in

MOVE Member: FREE

Mon. 1 p.m. – 2:45 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) **NEW**

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: \$4/drop-in

MOVE Member: FREE

Mon. 7 a.m. – 9:30 a.m.
Wed. 7 a.m. – 9:30 a.m.
Fri. 7 a.m. – 9:30 a.m.
Sat. 7 a.m. – 9 a.m.

Ping Pong

Challenge a friend to this fun traditional game that appeals to all ages. Check out equipment in MOVE and play in LEARN. Ages 6 and up.

Cost:	\$4/drop-in
MOVE Member:	FREE
Tues.	8 a.m. – 9 a.m.
Thurs.	8 a.m. – 9 a.m.
Sun.	12 p.m. – 1 p.m.

POUND (B, I)



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.
Tues.	10:35 a.m. – 11:10 a.m.

R.I.P.P.E.D. (I, A)

R.I.P.P.E.D. (Resistance, Interval, Power, Plyometrics, Endurance and Diet) is a one-stop body shock that follows its acronym and changes the workout every six to nine minutes, allowing every muscle group to get a quick, effective workout.

Cost:	\$30/six-week session
MOVE Member:	FREE
Tues.	6 p.m. – 6:50 p.m.



Summer Beach Market Series

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.

STRIDE Running Club

A social group for those who enjoy running. Every age, ability, speed and style welcome – whether just beginning or a seasoned marathoner. Childcare is available (regular rates apply).

Cost:	\$30/six-week session
MOVE Member:	FREE
Mon.	4:30 p.m. – 5:30 p.m.
Wed.	4:30 p.m. – 5:30 p.m.

Summer Beach Market Series

All proceeds support Friends of Beach Market. 

Each class includes a complimentary beverage from Charlotte Brewing Company. Classes held at Beach Market on West Lovett St., in Charlotte (across from post office). Classes moved to Windwalker Underground Gallery during inclement weather. Register at ALIVE or walk-in (cash only for walk-ins). Please bring a yoga mat. Ages 21 and up.

June 23: Yoga & Bootcamp

July 21: Bootcamp & PiYo

Aug. 25: PiYo & Yoga

Cost: \$10 per class

Sun. 4 p.m. – 5 p.m. & 5:15 p.m. – 6:15 p.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.	5:45 p.m. – 6:30 p.m.
Fri.	9 a.m. – 9:50 a.m. 4:45 p.m. – 5:30 p.m.

TRX Circuit (B, I, A)

Engage and tone all muscle groups using the TRX suspension training straps, blended with various exercises to strengthen, stretch and improve posture. Take your fitness to the next level in this small group setting that will introduce you to new equipment and challenges.

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

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

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.

Z-Box (B, I)

Dance meets boxing in this fun, fast-paced class. Includes weights and relaxation.

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

Thurs.	10:35 a.m. – 11:10 a.m. 6:35 p.m. – 7:20 p.m.
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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

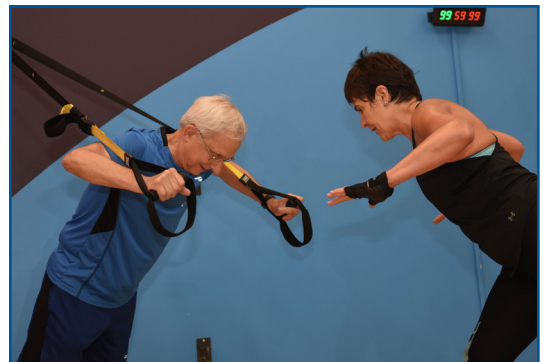
Wed.	5:35 p.m.–6:30 p.m.
Sat.	9 a.m. – 9:55 a.m.

JEM 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.



TRX Circuit in ENERGIZE

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. 6:30 p.m. – 7:30 p.m.
Friday	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.
Saturday	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.

Mommy & Me Yoga (B)

Practice gentle yoga poses together with your new baby (0-6 month) to help re-strengthen core muscles, allow mental decompression and create a deeper connection between mother and child.

Cost: \$45/six-week session
MOVE Member: \$30/six-week session

Wed.	11 a.m. – 12 p.m.
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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

Tues.	5:45 a.m. – 6:35 a.m.
Wed.	12:05 p.m.–12:55 p.m. 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 you as you learn to feel and move “life energy” where the body can repair, restore and rejuvenate. Tie body, mind and breathing together to increase mental focus with stress free movement.

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

Tues.	9 a.m. – 10 a.m.
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PiYo in SOAR

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.	7 a.m. – 8 a.m. 6:40 p.m. – 7:40 p.m.
Tues.	9 a.m. – 9:55 a.m.
Wed.	7 a.m. – 8 a.m. 6:40 p.m. – 7:40 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: 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.
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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.

Clean Eating Lunch *Rx*

Instructor: Deb Dillon, MS, RDN

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

May 30: Mexican

June 20: Italian (Faux Pasta)

Aug. 29: Garden to Grill

Sept. 19: Mexican

Oct. 24: African

Cost: \$10 per class

Thursdays 12:15 p.m. – 12:45 p.m.

Culinary Medicine *Rx*

Instructor: Julianne Downes, RDN, CDE

Gain a greater understanding of culinary styles and nutritional approaches. Learn to appreciate food and cooking as part of daily living.

Aug. 8: Digestive Health

Sept. 5: Anti-Inflammatory Approach

Oct. 3: Calcium-Rich Cooking

Nov. 7: Cooking for Blood Sugar Control

Cost: \$20 per class

Thursdays 6 p.m. – 7 p.m.

Easy Instant Pot Cooking *Rx*

Instructor: Ashley Riley, RDN

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

Cost: \$20 per class

Thurs., July 18 6 p.m. – 7:30 p.m.

Mon., Oct. 14 12 p.m. – 1:30 p.m.

Healthy Holiday Baking *Rx*

Instructor: Ashley Riley, RDN

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.

Cost: \$20 per class

Thurs., Nov. 14 6 p.m. – 7:30 p.m.

Tues., Dec. 10 12 p.m. – 1:30 p.m.

Heart Healthy Cooking *Rx*

Instructor: Ashley Riley, RDN

Learn about heart-healthy nutrition while enjoying delicious, flavorful food. Classes focus on increasing fiber, fruits, vegetables and whole grains, while decreasing saturated fat and sodium intake.

Cost: \$20 per class

Thurs., July 11 12 p.m. – 1 p.m.

Thurs., Oct. 3 12 p.m. – 1 p.m.

Rx – Ludwig vouchers accepted

Moroccan Cooking

Instructor: Inna Phelps

Experience the flavorful cuisine that Moroccan natives eat daily in this unique demonstration of world fare including recipes to take and make.

Cost: \$25 per class

Wed., Aug. 7 6 p.m. – 7:30 p.m.

Wed., Oct. 23 6 p.m. – 7:30 p.m.

Plant-Based Breakfast *Rx*

Instructor: Karen Cross

Help create and taste a plant-based breakfast menu including burritos, crepes and "bacon" that will leave taste buds guessing how it could possibly be vegan-friendly.

Cost: \$25

Wed., Nov. 13 6:30 p.m. – 7:30 p.m.

Plant-Based Cookout *Rx*

Instructor: Karen Cross

Embrace summer by learning how to prepare the makings for a plant-based cookout. Create and taste vegan-friendly ribs, purple potato salad and ice cream.

Cost: \$25

Wed., July 17 6:30 p.m. – 7:30 p.m.



Plant-Based Breakfast *Rx*

Plant-Based Mexican *Rx*

Instructor: Karen Cross

Learn to create delicious, vegan-friendly Mexican fare. Watch how Mexican nacho supreme, fresh salsa and a Mexican fruit salad are made.

Cost: \$25

Wed., Sept. 11 6:30 p.m. – 7:30 p.m.

JEM Survive & Thrive: Cooking for Breast Cancer Survivors

Instructor: Ashley Riley, RDN

In honor of Breast Cancer Awareness Month, join us for this free, grant-funded opportunity. Learn about optimal nutrition post-treatment. Classes focus on plant-based options full of color, foods for a healthy body weight and more. *Limited to 16 people per class.*

Cost: FREE

Thurs., Oct. 24 6 p.m. – 7 p.m.

Traditional Russian Cooking

Instructor: Inna Phelps

Feel like a native during this unique experience preparing traditional Russian fare. Be entertained with stories from the chef, who is from Russia.

Cost: \$25 per class

Wed., Oct. 2 6 p.m. – 7:30 p.m.

Wed., Nov. 6 6 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted

WORKSHOPS

Perform tasks you never thought possible in these hands-on workshops. Work one-on-one with the instructor to learn new, impressive cooking skills.

Taste of the World Youth Culinary School

Instructors: Deb Dillon, MS, RDN

Calling all aspiring chefs ages 9 and up to take a culinary world tour. Make unique dishes each day themed around a different country. Use HARVEST, our community garden, to hand-pick fresh ingredients. Create dishes that will impress in the areas of taste, creativity, nutritional value, food safety/preparation and presentation. Designation of "Junior Sous Chef" goes to all registrants who successfully complete all session dates, and who will be invited back to assist our dietitians at a future cooking class of choice. *Limited to 12 people per session.*

Monday: Greece (*chicken gyro, tzatziki sauce and vegetable kebobs*)

Tuesday: Mexico (*burrito bowl with garden fresh pico de gallo*)

Wednesday: Italy (*Caprese pizza and pasta al pomodoro*)

Thursday: America (*healthy twist on chicken nuggets and mac 'n' cheese*)

Cost: \$100 per session

Mon-Thurs., July 22-25 11 a.m. – 1 p.m.

Mon-Thurs., Aug. 5-8 11 a.m. – 1 p.m.

SUPPORT

Alzheimer's Support Group NEW TIME

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

Cost: FREE

Tues., June 18 3:30 p.m. – 4:30 p.m.

Tues. July 16 3:30 p.m. – 4:30 p.m.

Tues., Aug. 20 3:30 p.m. – 4:30 p.m.

Tues., Sept. 17 3:30 p.m. – 4:30 p.m.

Tues. Oct. 15 3:30 p.m. – 4:30 p.m.

Tues., Nov. 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., June 20 6:30 p.m. – 7:30 p.m.

Thurs., July 18 6:30 p.m. – 7:30 p.m.

Thurs., Aug. 15 6:30 p.m. – 7:30 p.m.

Thurs., Sept. 19 6:30 p.m. – 7:30 p.m.

Thurs., Oct. 17 6:30 p.m. – 7:30 p.m.

Thurs., Nov. 21 6:30 p.m. – 7:30 p.m.



Support Group at ALIVE

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., June 17	6:30 p.m. – 7:45 p.m.
Mon., July 15	6:30 p.m. – 7:45 p.m.
Mon., Aug. 19	6:30 p.m. – 7:45 p.m.
Mon., Sept. 16	6:30 p.m. – 7:45 p.m.
Mon., Oct. 21	6:30 p.m. – 7:45 p.m.
Mon., Nov. 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., June 27	6:30 p.m. – 8 p.m.
Thurs., July 25	6:30 p.m. – 8 p.m.
Thurs., Aug. 22	6:30 p.m. – 8 p.m.
Thurs., Sept. 26	6:30 p.m. – 8 p.m.
Thurs., Oct. 24	6:30 p.m. – 8 p.m.
Thurs., Nov. 21	6:30 p.m. – 8 p.m.



MINGLE-GATHER

Gift of Heart

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

Cost: FREE

Thurs., June 6	6 p.m. – 8 p.m.
Thurs., Sept. 5	6 p.m. – 8 p.m.
Thurs., Oct. 3	6 p.m. – 8 p.m.
Thurs., Nov. 7	6 p.m. – 8 p.m.

Healing Hearts

Support group for families with children who have mental health disorders. An opportunity to spend an evening with other parents who understand.

Cost: FREE

Thurs., June 13	6 p.m. – 8 p.m.
Thurs., Oct. 10	6 p.m. – 8 p.m.
Thurs., Nov. 14	6 p.m. – 8 p.m.

Special Olympics Walking Club

Leader: Heather Herber



Special Olympics athletes and families are invited to participate. Enjoy healthy activity, and see friends outside of regular Special Olympics sports practices. Both indoor and outdoor walking available (weather dependent). Indoor walking path is handicap accessible.

For information or to register, call (517) 983-1163.

Cost: FREE

Mon.	5 p.m. – 6 p.m.
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TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Visit www.tops.org for information on pricing & promotions or call (517) 388-0581.

Wed. 5:30 p.m. – 7:15 p.m.

JEM Turning Point Program For Breast Cancer Survivors

Leader: 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.

Weight Watchers



Leader: Jeanne H.

For more than 50 years, Weight Watchers has helped people lose weight. Meetings offer guidance from a leader who has been in your shoes and encouragement from members. Weigh-ins provide accountability. Visit weightwatchers.com for pricing and promotions.

Mon. 12 p.m. – 1 p.m.

THINK

PRESENTATIONS

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

Book Discussion: Struggle & Strength

Presenter: Sharon Kennedy

Join community member Sharon Kennedy to discuss her recent publication "Struggle and Strength: Eight Ordinary Women with Lives Most Unusual" (one of whom is also a MOVE member). Be inspired while enjoying coffee and refreshments. Books will be available for purchase for \$12, or bring your copy to have signed by the author.

Cost: FREE

Fri., June 21 8:30 a.m. – 9:30 a.m.

Holistic Health in the Home

Presenter: Allie Phillips

You've likely heard about essential oils and even crystals and their associated "energy" benefits. Learn more about these homeopathic tools during these two distinct offerings.

June 25: Essential Oils for Wellness & Balance

July 11: Learn How Crystals Really Work

Cost: FREE

Tues., June 25 5:30 p.m. – 6:30 p.m.

Thurs., July 11 5:30 p.m. – 6:30 p.m.

Powered by Plants

**Presenters: Dr. Mitch Zigler, PT, DPT
& Rebecca Barney**

Join this volunteer group of like-minded people who want to share whole food, plant-based eating ideas and scientific research, and promote healthy eating. Whether you eat plant-based or are thinking of starting, this no-pressure, all inclusive group is a friendly, valuable resource. *For more info visit: www.poweredbyplants.org.*

Cost: FREE

Mon., July 15 6:30 p.m. – 8 p.m.

Tues., Sept. 10 6:30 p.m. – 8 p.m.

Professional Speaker Series: Balance & Vestibular

**Presenters: Karri Wills MSPT &
Kelli Heyink PT, DPT**

The balance system uses sensory input from the eyes, muscles and joints, as well as the inner ear to maintain balance and stable vision. The vestibular system includes the parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging or injury, vestibular disorders can occur. Learn more in this educational seminar. *Lunch provided for those who register by Friday, July 12; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., July 16 11:30 a.m. – 1 p.m.



Powered by Plants

JEM Professional Speaker Series: Breast Cancer Awareness, Prevention & Treatment

Presenter: Dr. Troy Ferguson, D.O.

Approximately 268,600 women are diagnosed each year with breast cancer. Learn current, up-to-date treatment options and prevention for yourself or a loved one. Bring any questions that you may have to share with the group. *Light refreshments provided; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Tues., June 4 5:30 p.m. – 6:30 p.m.

Professional Speaker Series: Domestic Violence

Help take a stand against domestic violence. In honor of Domestic Violence Awareness Month, join a panel of local experts and survivors who will discuss topics including statistics, types of domestic violence, warning signs, common abuser tactics, how to get out safely/safety plans, resources available (including counseling, shelter services and much more) and survivor testimonials.

Cost: FREE

Tues., Oct. 15 6 p.m. – 7:30 p.m.



Professional Speaker Series registration

Professional Speaker Series: Got Pain?

**Presenter: Andrue Bergmooser, PT,
DPT, OCS**

Learn the ins and outs of how pain works and is processed in the body, including common pain mechanisms, and how chronic pain develops and persists. Those who understand pain tend to have lower levels of disability, anxiety, fear and reduced pain levels. *Breakfast provided for those who pre-register by Friday, Nov. 1; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., Nov. 5 7:30 a.m. – 8:30 a.m.

Professional Speaker Series: Hand & Wrist Pain

**Presenter: Chet LaFave, OTR/L &
Stacy Tapscott, OTR/L, CHT**

Hand and wrist pain is a common ailment. Attend this educational seminar to learn about treatment options, therapy solutions, procedures and more to help experience less pain. *Lunch provided for those who register by Friday, Sept. 6; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., Sept. 10 11:30 a.m. – 1 p.m.



Professional Speaker Series in DIRECT

JEM Rising From a Storm to a Life with Purpose

Presenter: Alexis Schneider, MA

Uncover and find out who you really are, as well as what matters most in your life. Find meaning in any "life storm" and the lessons learned as a result in this inspirational presentation. *Light refreshments included; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Thurs., Oct. 24 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 as you age. 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. Aug. 27 & Thurs., Aug. 29 9 a.m. – 1 p.m.

JEM Art with a Twist

Ladies! Join two local artists at these distinct offerings. Grab a gal pal and make unique creations in fun, interactive, group-led sessions. All materials provided. **Takes place at Windwalker Underground Gallery, 125 Cochran Ave., Charlotte.** Complimentary food and beverage served for those who pre-register by the Monday prior; call (517) 541-5800, opt. 1.

Aug. 6: Doodle on Vinyl w/Michelle Henry

Oct. 1: Painting on Canvas w/Dee Denio

Cost: \$25 per class

Tues., Aug. 6 6 p.m. – 8 p.m.

Tues., Oct. 1 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 1 7 a.m. – 5 p.m.



JEM Art with a Twist

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

Tues., Sept. 24

4 p.m. – 7 p.m.

Father's Day Family Health Event

Celebrate at this annual event and enjoy a variety of activities and interactive fun including a FREE summer cookout, the Playmakers satellite store, door prizes, kids activities, StoryWalk®, health screenings, CrossFit Fade competition and more. **New in 2019: Charlotte Brewing Company's Frosty Mug Fun Run/Yoga on the Lawn, as well as Dad Olympics, sponsored by Kositchek's.**

Cost: FREE

Sat., June 15

10 a.m. – 2 p.m.

Group Guitar: Beginner

Instructor: Clint Dickerson

An introductory, four-week lesson that teaches how to hold and tune a guitar, read sheet music, count musically and play beginning chords. While not mandatory, you are encouraged to bring your own guitar (a limited amount of guitars will be available for participants). Ages 13 and up.

Cost: \$40

July 9-30 Tues. 5:45 p.m. – 6:45 p.m.

Group Guitar: Intermediate

Instructor: Clint Dickerson

A "step two" four-week lesson after the beginner level. This session helps you take the next step on the guitar, learn rhythms, chord progressions, continue reading music, and how to play melodies. While not mandatory, you are encouraged to bring your own guitar (a limited amount of guitars will be available for participants). Ages 13 and up.

Cost: \$40

Sept. 3-24 Tues. 7 p.m. – 8 p.m.

Group Percussion

Instructor: Clint Dickerson

An introductory group lesson that teaches how to create rhythm with drums and other percussion instruments, read sheet music, count musically and play beginning beats. While not mandatory, you are encouraged to bring your own drum (a limited amount of drums will be available during class time for participants). Ages 13 and up.

Cost: \$40

Sept. 3-24 Tues. 5:45 p.m. – 6:45 p.m.

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.

HGB Annual Gala

Join us for another enjoyable experience including food and beverages, entertainment and more. Open to all who are looking for a creative and memorable way to support HGB and its initiatives. *Childcare is available for an additional cost (regular rates/policies apply). Email Dana Pray at dpray@hgbhealth.com for more information.*

Cost: TBD

Thurs., Sept. 12 7 p.m. – 10 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 15 10 a.m. – 2 p.m.

Fri., Nov. 8 11 a.m. – 6 p.m.

Sat., Nov. 9 10 a.m. – 1 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., Aug. 12 10 a.m. – 11:30 a.m.

Mon., Sept. 16 10 a.m. – 11:30 a.m.

Mon., Oct. 14 10 a.m. – 11:30 a.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 1 10 a.m. – 11 a.m.

Strengthen, Stretch, Roll

Instructor: Playmakers

Move well, move daily and stay healthy. Learn the three simple steps to combat common muscle imbalances when one muscle group is too tight and another is too weak.

Cost: FREE

Sat., June 15 11 a.m. – 11:30 a.m.

String Art Make & Take

Instructor: Sarah Winegar

Come and craft some original string art. 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.

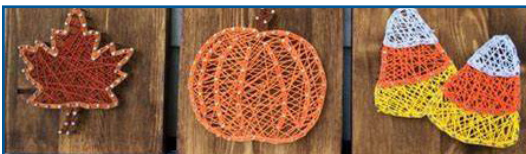
Oct. 2: Fall-Themed Art

Nov. 20: Winter-Themed Art

Cost: \$15 per class

Wed., Oct. 2 6:30 p.m. – 8 p.m.

Wed., Nov. 20 6:30 p.m. – 8 p.m.



String Art Make & Take

Walk & Talk Series

Enjoy walking EXPLORE (ALIVE's walking path) followed by one-on-one, informal dialogue with HGB practitioners in an intimate meeting space. *More dates/practitioners to be announced.*

Sept. 24: Roz Boyne, NP

Cost: FREE

Tues., Sept. 24 12 p.m. – 1 p.m.

Women's Health Experience

Celebrate this annual event focused on five dimensions of women's health: DO, BREATHE, EAT, THINK and SUPPORT. Enjoy complimentary lunch from NOURISH by The Big Salad, educational and interactive booths, healthy cooking demos, local retail, Playmakers' satellite store, free group exercise classes, free childcare in GROW and more!

Cost: FREE

Sat., Nov. 9 10 a.m. – 1 p.m.

J&M Women's Tee Time

Receive a group demonstration on how the indoor golf simulator can be used for lessons and club fittings. Enjoy a two- to three-hole contest in a scramble format. A beverage and appetizers are included. Bring your own golf club(s). **At Maple Brook Golf Course, 681 Lansing St., Charlotte.** *Limited to 16 people per class.*

Cost: \$15

Wed., Oct. 9 6 p.m. – 7:30 p.m.



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

**ALIVE Mini Camp:
Come Create With Me**

Instructor: Emily VanDorpe

Picasso once said "Every child is an artist." Explore the joy and freedom in expressing yourself through art. Paint, create, dance, draw and sing. When you are in GROW you can create anything. Ages 2.5-7 years old.

**Cost: \$65 first child
\$55 per add'l child (same household)**

Mon-Thurs., June 24-27 1 p.m. – 3 p.m.

**ALIVE Mini Camp:
Come Explore With Me**

Instructor: Carrie Hopkins

Get ready to put on lab coat and goggles, and mix up something fun. Explore and more, putting curiosity, intuition and brain power to the test. Ages 2.5-7 years old.

**Cost: \$65 first child
\$55 per add'l child (same household)**

Mon-Thurs., July 8-11 1 p.m. – 3 p.m.

**ALIVE Mini Camp:
Come Make Music With Me**

Instructor: Clint Dickerson

Get ready to make music in the form of recorders, string instruments, percussion and song. Includes musical instruction, exposure and collaboration. Ages 2.5-7 years old.

**Cost: \$65 first child
\$55 per add'l child (same household)**

Mon-Thurs., July 29-Aug. 1 1 p.m. – 3 p.m.

ALIVE Mini Camp: Come Play With Me

Instructor: Kristi Lincoln

Positively channel summer ants-in-the-pants in this active sports camp. Participate in age-appropriate gymnastics, athletics and recreation. Each session includes a healthy snack. Ages 2.5-7 years old.

Cost: \$65 first child
\$55 per add'l child (same household)

Mon-Thurs., July 22-25 1 p.m. – 3 p.m.

ALIVE Mini Camp: Come Stir Up Fun With Me

Instructor: Sarah Winegar

Become a mini chef-in-the-making in this hands-on cooking camp for littles. Receive a chef's hat, apron and recipe cards for treats to re-create. Help make and taste mac & cheese bites, pigs-in-blankets, fruit salsa, healthy popsicles and more. Ages 2.5-7 years old.

Cost: \$65 first child
\$55 per add'l child (same household)

Mon-Thurs., July 15-18 1 p.m. – 3 p.m.

ALIVE Youth Running Camp

Instructor: Kasey Palmer

Tackle the basics of running, including stretching, warm ups, form, endurance, speed, strength, safety and nutrition. A focus on fitness, fun, and education as part of a healthy lifestyle. Ages 10 and up. *Each child receives a T-shirt, water bottle and daily nutritious snack; pre-register by May 20 to guarantee all program items.*

Cost: \$85 first child
\$75 per add'l child (same household)

Mon.-Fri., June 24-28 9 a.m. – 11:30 a.m.

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.

Pajamas, Bedtime & Yoga

Instructor: Emily VanDorpe & Sarah Britton

Introduce yoga to your child's bedtime routine as a relaxing, fun way to calm mind and body. Children and parents learn simple yoga poses together from the book "Goodnight Yoga" by Miriam Gates. Each family takes home a copy (*value \$17.95*). Comfortable clothes like pajamas, and a favorite bedtime buddy encouraged. Ages 2-12.

Cost: \$35 per parent-child pair
\$5 per add'l child (same household)

Tues., Nov. 5 6:30 p.m. – 7:30 p.m.



Pajamas, Bedtime & Yoga

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. Costumes are encouraged for SPOOKTACULAR-themed evening. Pizza dinner provided. *Pre-registration is required by the Wednesday prior to the event.*

Aug. 17: Back to School Carnival
Oct. 19: SPOOKTACULAR

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., Aug. 17 5 p.m. – 9 p.m.

Sat., Oct. 19 5 p.m. – 9 p.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.*

StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. This summer's StoryWalk® begins May 31 and fall's StoryWalk® begins August 30. A new book is featured each spring, summer and fall.

Cost: FREE

Wildflower Walk

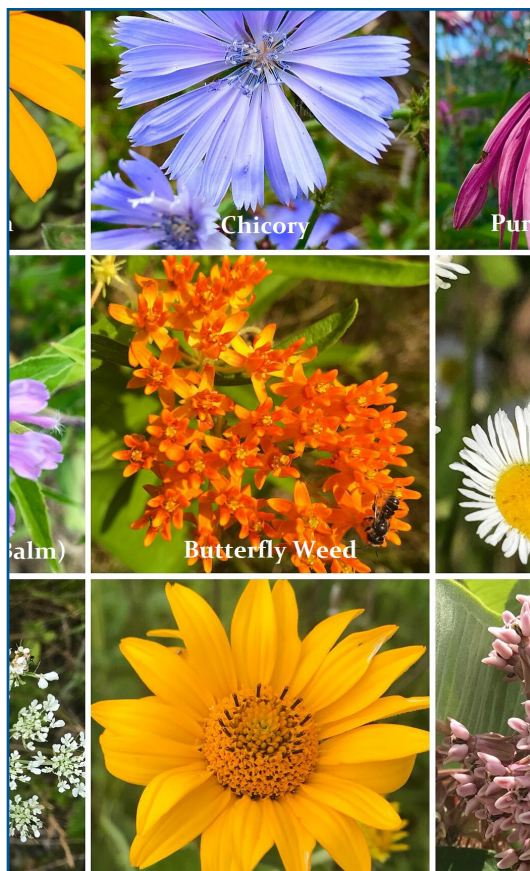
Instructor: Danielle Rupp

At the peak of summer, PRESERVE is a wildflower paradise for people and pollinators alike. Participate in a family-friendly walk through PRESERVE and learn the identification of, and fun facts about, common Michigan wildflowers and the pollinators that help make our lives possible.

Cost: FREE

Mon., July 22

6 p.m. – 7:30 p.m.



Wildflower Walk

Notes

HGB Service Directory

HGB – 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
HGB 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 HGB services, visit www.hgbhealth.com.



800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

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