



# WINTER PROGRAM GUIDE



November 25, 2018 – February 23, 2019  
[www.myalive.com](http://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 Christmas Day (Dec. 25) and New Year's Day (Jan. 1), and open limited hours, from 6:30 a.m. to 3 p.m., Monday, Dec. 24 and Monday, Dec. 31.

In addition, NOURISH will be closed:

- Saturday, Dec. 22
- Monday, Dec. 24
- Saturday, Dec. 29
- Monday, Dec. 31



Cooking class in RELISH

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## Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 1
General Information	541-5800, opt. 1
EMPOWER (Rehab)	541-5800, opt. 2
FUSE (Medical 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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**Christina Campbell** 541-5812  
Operations Manager  
ccampbell@hgbhealth.com

**Jacob Campbell** 543-1050, ext. 52461  
Director of Health and Wellness Services  
jcampbell@hgbhealth.com

**Kim Dickinson** 541-5814  
Director of ALIVE Clinical Services  
kdickinson@hgbhealth.com

**Ellen Dreps** 543-1050, ext. 52463  
Community Wellness Coordinator  
edreps@hgbhealth.com

**Barbara Fulton** 543-1050, ext. 52408  
Director of Community Development  
bfulton@hgbhealth.com

**Kristi Lincoln** 541-5803  
Lead Childcare Specialist  
klincoln@hgbhealth.com



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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: Nov. 25 – Jan. 5**
- **Session 2: Jan. 6 – Feb. 16**
- **Make-up: Feb. 17 – Feb. 23**

Four convenient registration methods:

- Log in to [myalive.com](http://myalive.com).
- Call (517) 541-5800, opt. 1, unless a different phone number is listed.
- Visit ENCOUNTER (the MOVE or FUSE front desk).
- Register at our Open House and save 10% on programs or class fees (pgs. 53-54).

## GATHER (Event Planning)

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

## L!NK

Sign up for L!NK for free and receive the following benefits:

- ALIVE check-in
- Customized experiences when receiving spa services
- 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 L!NK 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 L!NK 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.
- Basketballs and other recreational equipment are available for check-out in MOVE. Please return all items to their original location after use.
- The ALIVE campus is tobacco-free.

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**Register online at:**

**[www.myalive.com](http://www.myalive.com)**

**Register at our Open House and save 10%  
on programs and class fees (pgs. 53-54).**

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

## Special Events

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Guests in NOURISH



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## JANUARY: Renew

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*Rx* – Ludwig vouchers accepted

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- Feb. 2 String Art Make & Take Pg. 61
- Feb. 5 Community CPR Pg. 51  
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*Rx* – Ludwig vouchers accepted



Retail in FUSE

# SHOP ALIVE FOR THE HOLIDAYS OR

*Treat Yourself...*



**Women's Health Experience**

**Winter Open House**

**Black Friday**

**Small Business Saturday**

**... and more!**

**Look for holiday specials  
coming at [myalive.com](http://myalive.com).**



## 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 (CP)
7 a.m.–9 a.m.	Pickleball
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.–11 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.	Group Cycling: Virtual Ride
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)
5:30 p.m.–6:10 p.m.	Cardio Hip Hop (AP)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Kid's Fitness Variety
5:45 p.m.–6:30 p.m.	Bootcamp
6:15 p.m.–7:15 p.m.	Turbo Kick/PiYo (AP/CC)
6:30 p.m.–7:30 p.m.	CrossFit
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)

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## 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.–6:45 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 (DD)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Phase III Cardiac Rehab
9:15 a.m.–10:15 a.m.	Ping Pong
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–12 p.m.	Pickleball
10:35 a.m.–11:05 a.m.	CORE DE FORCE (JD)
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (KKo)
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.–12:28 p.m.	18-Minute Blast (MB)
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.–5:55 p.m.	Zumba (DD)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Kid's Fitness Variety
5:45 p.m.–6:45 p.m.	Triathlon Training (TS)
6 p.m.–6:50 p.m.	R.I.P.P.E.D. (TD)
6:15 p.m.–6:45 p.m.	Tween 30-Minute Blast
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 (CP)
7 a.m.–9 a.m.	Pickleball
8 a.m.–8:45 a.m.	<i>Jem</i> Turning Point: Yoga (AT)
8:05 a.m.–8:50 a.m.	TRX/Kettlebell Combo (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.	Barre Above (CJ)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–11 a.m.	Yoga: Fusion (JD)
11 a.m.–12 p.m.	Family Fun Time
11:15 a.m.–12:15 p.m.	Tai Chi/Qigong Combo (ES)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 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 (CC)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Yoga: Fusion (NH)
5:45 p.m.–6:15 p.m.	Kid's Fitness Variety
5:45 p.m.–6:30 p.m.	Bootcamp
5:45 p.m.–6:30 p.m.	POUND (ED)
5:45 p.m.–6:45 p.m.	Triathlon Training - pool (TS)
6 p.m.–7:45 p.m.	TOPS

6:30 p.m.–7:30 p.m.

CrossFit

6:30 p.m.–7:30 p.m.

Special Olympics  
Walking Club

6:35 p.m.–7:20 p.m.

Barre None (DD)

6:40 p.m.–7:40 p.m.

Yoga: Basic (NH)



Barre None in ENERGIZE

## 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.–6:35 a.m.	PiYo (AP)
5:45 a.m.–6:45 a.m.	CrossFit
6:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
8:05 a.m.–8:50 a.m.	<i>JEM</i> Strength & Stability (KK)
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
9:15 a.m.–10:15 a.m.	Ping Pong
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.–12:28 p.m.	18-Minute Blast (MB)
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.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	<i>JEM</i> Turning Point: Yoga (AT)
5:45 p.m.–6:15 p.m.	Kid's Fitness Variety
5:45 p.m.–6:30 p.m.	Tabata Bootcamp (DD)
6:15 p.m.–6:45 p.m.	Tween 30-Minute Blast
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



ALIVE in winter

## 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 a.m.	Pickleball
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: Basic (JD)
11 a.m.–11:30 a.m.	Foam Roller (MS)
11 a.m.–11:45 a.m.	Barre None (DD)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 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



Walkers on EXPLORE

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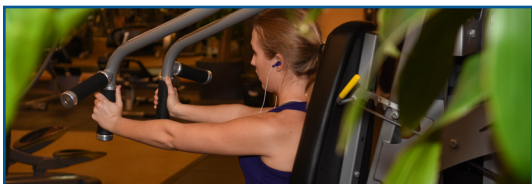
## Saturdays

7 a.m.–5 p.m.	Indoor & Outdoor Walking
8 a.m.–10 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 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 a.m.	CrossFit
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
2:15 p.m.–4:45 p.m.	Volleyball: Drop-In

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## Sundays

9 a.m.–10 a.m.	<i>JEM</i> BRIDGE: Women-Only Workout
9 a.m.–5 p.m.	Indoor & Outdoor Walking
10 a.m.–10:45 a.m.	Bootcamp
10 a.m.–12 p.m.	Basketball: Adult Drop-In
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



MOVE

## Instructors

AP = Alicia P.	JH = Jenny H.
AT = Amanda T.	KS = Kamryn S.
CaD = Carrie D.	KF = Kim F.
CC = Christina C.	KK = Kim K.
CD = Chrissy D.	KKo = Kimberly K.
CJ = Cheryl J.	KP = Kasey P.
CP = Chelsea P.	MB = Matt B.
DD = Danielle D.	MM = Morene M.
ED = Ellen D.	MS = Miranda S.
ES = Elaine S.	NH = Nick H.
GR = Greg R.	TD = Taylor D.
JC = Jaime C.	TS = Todd S.
JD = Jennifer D.	

**NOTE: 9- to 12-year-olds can attend Bootcamp, PiYo and Zumba classes with their parents or guardians FREE with a GROW membership.**



**Basketball in SOAR**

## DO

### Skill Levels:

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

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## 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.

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## 18-Minute Blast (B, I)

Charlotte's only 18-minute workout. Cardio and strength exercises are combined to work a lot of muscles in a short amount of time.

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

Tues.	12:10 p.m. – 12:28 p.m.
Thurs.	12:10 p.m. – 12:28 p.m.

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## 30-Minute Blast (I, A)

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

**Cost per couple.** *Childcare is available for an additional cost (regular rates/policies apply).*

**Cost: \$100/four-week session**

**MOVE Member: \$80/four-week session**

**Jan. 11 - Feb. 1** Fri. 6:30 p.m. – 7:30 p.m.

## Barre Above (B, I, A)

Work to sculpt and tone muscles, as well as increase flexibility and balance using the Lebert Equalizer bars. Experience barre challenges in an entirely new way.

**Cost: \$45/six-week session**

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

Wed. 10 a.m. – 10:45 a.m.

## Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises improve 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 a.m. – 11:45 a.m.



Barre Above in ENERGIZE

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## 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.	6:45 p.m. – 8:55 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	8 a.m. – 10 a.m.
Sun.	10 a.m. – 12 p.m.

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## 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.*

*\*Unavailable Jan. 11 – Feb. 1 due to Ballroom Dancing*

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## 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)

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.

## *Jern* 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.



Bootcamp in ENERGIZE



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## 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.
Fri.	10 a.m. – 10:50 a.m.

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## Cardio Hip Hop (B, I)

Mix fitness with hip hop to work quads, glutes and core during funky dance routines that increase cardio endurance and coordination.

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

Mon.	5:30 p.m. – 6:10 p.m.
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## 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.



Cardio Hip Hop in SOAR

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## CORE DE FORCE (B, I, A)

Empowering MMA-style program: punch, kick and jab to a hard core body. Sculpt total-body definition by using body weight only as resistance.

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

Tues. 10:35 a.m. – 11:05 a.m.

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## Couch to 5K (B)

The Blue Cross Winter Warm Up is back! The eight-week 5K training program is free and open to all ages and abilities. Includes two weekly one-hour sessions with certified Good Form Running and Walking coaches from the Playmakers Fitness Foundation. The final tri-county goal 5K fun walk or run is at Hawk Island in Lansing, Sunday, March 24. Most sessions held outdoors; layer for warmth. For event information and registration, visit: [www.MIBluesPerspective.com/BlueCrossWinterWarmUp](http://www.MIBluesPerspective.com/BlueCrossWinterWarmUp).

**Cost:** FREE



CrossFit in SPARK

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## CrossFit: NewYou Challenge (B)

Introductory program that provides guidance, structure and accountability in the areas of form and technique on CrossFit movements. Also includes counsel in the areas of nutrition and developing a healthy mindset to achieve goals. *Orientation 11 a.m., Saturday, Dec. 29. Call (517) 231-6971 to register.*

**Cost:** **\$300**

Jan. 3 - Feb. 16

Tues. & Thurs. 6:45 a.m. – 7:45 a.m.

Tues. & Thurs. 7:30 p.m. – 8:30 p.m.

Sat. 11 a.m. – 12 p.m.

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## CrossFit (I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. See CrossFit: NewYou Challenge for those getting started. *There is a \$40 enrollment fee with membership.*

**Cost:** **\$80/month**

**MOVE Member:** **\$50/month**

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

*See page 37 for days and times.*

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## Foam Roller (B, I)

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

**Cost:** **\$30/six-week session**

**MOVE Member:** **FREE**

Fri. 11 a.m. – 11:30 a.m.

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## 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.

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## 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.*

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## 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.	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.*

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## 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**

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

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## 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**

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## Kettlebell Bootcamp (I, A)



Learn how versatile the kettlebell is and improve confidence in weight lifting, fitness level, strength, stability and flexibility. Participate in a challenging yet fun, dynamic workout showing how safe, easy and fun kettlebell training can be.

**Cost: \$30/six-week session**

**MOVE Member: FREE**

Mon.	8:05 a.m. – 8:50 a.m.
Tues.	7:00 p.m. – 7:45 p.m.

## Live Long, Live Strong (B, I)

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

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

Tues.	10:35 a.m. – 11:10 a.m.
Thurs.	10:35 a.m. – 11:10 a.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.



Parkinson's Boxing Class in LEARN

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## Phase III Cardiac Rehab

Designed for patients who have successfully completed a cardiopulmonary rehabilitation program to continue to develop cardiovascular ability and 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.

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## Pickleball

Challenge a friend to this fun game that appeals to all ages. Call ahead to reserve court space – 60-minute maximum per reservation. Rules and instructions available. Ages 6 and up.

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

Mon.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Tues.	10 a.m. – 12 p.m.
Wed.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Thurs.	10 a.m. – 12 p.m.
Fri.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.



Pickleball in SOAR

## Ping Pong

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

**Cost:** **\$4/drop-in**

**MOVE Member:** **FREE**

Tues. 9:15 a.m. – 10:15 a.m.

Thurs. 9:15 a.m. – 10:15 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**

Wed. 5:45 p.m. – 6:30 p.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.



R.I.P.P.E.D. in SOAR



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## 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.

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## *JEM* Strength & Stability (B, I)

Engage core muscles while completing a variety of exercises to strengthen, lengthen and sculpt the entire body. Great for improving back health and posture.

**Cost: \$30/six-week session**

**MOVE Member: FREE**

Thurs.

8:05 a.m. – 8:50 a.m.

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## 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.

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Strength & Stability in ENERGIZE

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## 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.
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.

## Triathlon Training (B, I)

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center. Orientation is Tuesday, Nov. 20, when training workouts will be distributed. 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:**

	<b>\$50/twelve-week session</b>
	<b>\$30/six-week session</b>
Tues.	5:45 p.m. – 6:45 p.m.
Wed. (pool)	5:45 p.m. – 6:45 p.m.



Triathlon Training in ENERGIZE

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## TRX/Kettlebell Combo (I, A)

Engage and tone core muscles with these two pieces of equipment that take posture, technique and overall workout to the next level. Complete a variety of challenging strength and cardiovascular exercises to sculpt the entire body.

**Cost:** \$45/six-week session

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

Mon. 8:05 a.m. – 8:50 a.m.

Wed. 8:05 a.m. – 8:50 a.m.

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## Turbo Kick/PiYo (I, A)

Jab, hook and cross your way into sculpted muscles. A great cardiovascular workout combined with punch, kick and H.I.I.T. combos. Transition right into PiYo's flow, core and more.

**Cost:** \$30/six-week session

**MOVE Member:** FREE

Mon. 6:15 p.m. – 7:15 p.m.

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## 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. 2:15 p.m. – 4:45 p.m.



TurboKick/PiYo in SOAR

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## 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**

Tues. 5 p.m. – 5:55 p.m.  
Sat. 9 a.m. – 9:55 a.m.

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## JEM Zumba Gold (B, I)

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.

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Z-Box in SOAR

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## CrossFit at AL!VE

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. 10 a.m. – 11 a.m. ^

\* Skill development and training

^ Gymnastics and Olympic weightlifting fundamentals

**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.	12 p.m.–1 p.m. 4:45 p.m. – 5:35 p.m.
Thurs.	5:45 a.m. – 6:35 a.m.
Sat.	8:05 a.m. – 8:55 a.m.

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## Tai Chi/Qigong Combo (B)

Tap into the body's innate healing ability. While focusing on the ten ways to cultivate and master qi or "life energy" the body can repair, restore and rejuvenate. Learn Tai-Chi moves and practice self-healing techniques to feel better with a clear mental focus.

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

Wed. 11:15 a.m. – 12:15 p.m.

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## Yoga: Basic (B)

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

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

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.



Pilates in DIRECT

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## 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 detoxing the body, mind and spirit.

**Cost: \$45/six-week session**

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

Mon. 10 a.m. – 11 a.m.

Wed. 10 a.m. – 11 a.m.

5:30 p.m. – 6:30 p.m.

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## 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

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### BE WELL IN THE KITCHEN

*Be well every day with these free community classes that teach how to cook healthy. Made possible by Sparrow Hospital's Be Well in the Kitchen grant funding.*

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#### Cooking for Diabetes

**Instructor: Ashley Riley, RDN**

Learn about nutrition that supports diabetes prevention while savoring delicious, healthy food. Classes focus on carb counting, label-reading and heart-healthy principles. *Limited to 16 people per class.*

Jan. 10: Faux Pasta

Jan. 24: Break the Fast

Feb. 7: Hearty Fall Soups

Feb. 21: Diabetes Friendly Desserts

**Cost: FREE**

Thursdays

12 p.m. – 1:30 p.m.

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#### *JEM* Survive & Thrive: Cooking for Breast Cancer Survivors

**Instructors: Ashley Riley, RDN**

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., Jan. 17

6 p.m. – 7:30 p.m.

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## 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.*

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### Healthy Holiday Appetizers *Rx*

**Instructor: Deb Dillon, RDN**

Seasonal social gatherings can make it difficult to maintain healthful eating. Learn to prepare delicious, flavorful appetizers for the holidays without breaking the calorie bank.

**Cost: \$20**

Wed., Dec. 19

6 p.m. – 7 p.m.

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### Mason Jar Breakfasts *Rx*

**Instructor: Ashley Riley, 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 meal.

**Cost: \$20**

Thurs., Jan. 31

6 p.m. – 7:30 p.m.

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Mason Jar Breakfasts

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## Plant-Based Mediterranean *Rx*

**Instructor: Karen Cross**

Taste the immense flavor and health benefits of Mediterranean cuisine in a plant-based format. Create falafel sandwiches, Mediterranean chopped salad, toum, tahini sauce and a surprise dessert.

**Cost: \$25**

Wed., Feb. 6     6:30 p.m. – 7:30 p.m.

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## Plant-Based Mexican *Rx*

**Instructor: Karen Cross**

Create delicious Mexican fare that's completely plant-based – even the cheese. Watch as vegan nachos, nacho cheese, bean salad, salsa and churros are prepared in front of you. Savor, enjoy and re-create these healthy, flavorful dishes at home.

**Cost: \$25**

Wed., Dec. 12     6:30 p.m. – 7:30 p.m.

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## Plant-Based Seafood *Rx*

**Instructor: Karen Cross**

Experience a taste of the sea, vegan-style. Learn to create plant-based clam chowder, garlic cheese biscuits, rainbow salad with ranch dressing and surprise dessert. Leave with the recipes to make later.

**Cost: \$25 per class**

Wed., Jan. 16     6:30 p.m. – 7:30 p.m.

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## 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.*

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### *JEM* Date Night: Sushi

**Instructor: Christina Campbell & Ellen Dreps**

Grab a gal pal and create two delicious custom sushi rolls in this hands-on class. Features a ginger salad, handmade rolls and finish with a surprise dessert. *Childcare is available for an additional cost (regular rates/policies apply).*

**Cost: \$20**

Fri., Jan. 18

6 p.m. – 7:30 p.m.

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### Valentine French Macarons

**Instructor: Brooke LaFore**

Making these stunning cookies isn't hard, they just take a little extra love. Learn the techniques and science behind macarons as you work to create a dozen to take home – all with a valentine twist.

**Cost: \$30**

Fri., Feb. 8

6:30 p.m. – 8 p.m.

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### Organized Eats

**Instructor: Gretchen Lain**

Learn techniques and tricks to assist with meal preparation. From the organizational practices of shopping and planning meals to getting hands-on to make your meal.

**Cost: \$30**

Sat., Jan. 12

10:30 a.m. – 12 p.m.

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## 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. 18	1:30 p.m. – 2:45 p.m.
Tues., Jan. 15	1:30 p.m. – 2:45 p.m.
Tues., Feb. 19	1:30 p.m. – 2:45 p.m.

### CanHope Support Group

Support for 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. 17	6:30 p.m. – 8 p.m.
Mon., Jan. 21	6:30 p.m. – 8 p.m.
Mon., Feb. 18	6:30 p.m. – 8 p.m.



CanHope Support Group



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## 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.

Dec. 27: Balancing Your Act & Stress!  
Work, Play & Diabetes

Jan. 24: “S.M.A.R.T” Goal Setting & Physical  
Activity Recommendations

Feb. 21: ABCs to Keep Your Heart Healthy  
(AIC, BP, Cholesterol ADA guidelines)

**Cost: FREE**

Thurs., Dec. 27      6:30 p.m. – 8 p.m.

Thurs., Jan. 24      6:30 p.m. – 8 p.m.

Thurs., Feb. 21      6:30 p.m. – 8 p.m.

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## Gift of Heart

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

Thurs., Dec. 6      6 p.m. – 8 p.m.

Thurs., Jan. 3      6 p.m. – 8 p.m.

Thurs., Feb. 7      6 p.m. – 8 p.m.

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## Healing Hearts

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

**Cost: FREE**

Thurs., Dec. 13      6:30 p.m. – 8 p.m.

Thurs., Jan. 10      6:30 p.m. – 8 p.m.

Thurs., Feb. 14      6:30 p.m. – 8 p.m.

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## Special Olympics Walking Club

**Leader: Heather Herber**

Special Olympics athletes and families are invited to join this weekly walk. A great way to encourage 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 more information or to register, call (517) 983-1163.*

Wed. 6:30 p.m. – 7:30 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](http://www.tops.org) for information on pricing and promotions or call (517) 388-0581.*

Wed. 6 p.m. – 7:45 p.m.

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## *JEM* Turning Point Program For Breast Cancer Survivors

**Leader: 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.

Yoga: Wed. 8 a.m. – 8:45 a.m.

Thurs. 5:30 p.m. – 6:30 p.m.

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## THINK

### PRESENTATIONS

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

#### *JEM* Anti-Aging & Skin-Brightening

**Presenter: Sarah Pitchford**

Learn about *JEM* opportunities while taking part in a facilitated skincare session demonstrating the new Rezenerate treatment pen that uses nano-technology and vibration to painlessly condition the outer layer of your skin, creating drastic results to a variety of skin conditions. Each guest takes a skin care product sample home. Mingle and enjoy refreshments and tea. *Limited to 20 people.*

**Cost: \$15**

Tues., Dec. 18

6 p.m. – 7 p.m.

#### *JEM* Becoming Unstuck

**Presenter: Wesley Reece**

Learn about *JEM* opportunities while taking part in this empowering presentation for women. Are you not where you thought you would be at this point of your life or career? Learn and apply personal growth strategies and begin to move closer to where you intend to be from Certified Personal & Professional Development Coach, Wesley. Ages 13 and up.

**Cost: FREE**

Tues., Feb. 19

6 p.m. – 7 p.m.



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## Diabetes PATH

**Presenter: Tri-County Office on Aging**

Those who struggle with diabetes will benefit by participating in this six-week series offering diabetic education on healthy eating, fitness and exercise, preventing complications, monitoring blood sugar, relaxation techniques, working with your healthcare professional, goal setting and more. *Register by calling (517) 887-1465.*

**Cost: FREE**

Jan. 8 – Feb. 12      Tues.      1:30 p.m. – 4 p.m.

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## Essential Oils in Daily Living

**Presenter: Kristie Licht**

Essential oils can help with day-to-day living, including stress management, sleep support, combating seasonal ailments and more.

**Cost: FREE**

Tues., Dec. 11      6 p.m. – 7 p.m.

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## Improving Life with Music

**Presenter: Clint Dickerson**

Learn how music can help achieve peace, joy, wellness and stress management. Interact with instruments to strum, hit, blow and play your way to relaxation. Walk away with techniques to enhance memory, influence concentration and improve emotional state, all by being able to recognize music styles and use them to feel better.

**Cost: FREE**

Thurs., Dec. 20      6 p.m. – 7:30 p.m.

Wed., Feb. 6      6 p.m. – 7:30 p.m.

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## Interactive Heart Health Event

**Presenter: Pritikin Longevity Center**

HGB and Sparrow Hospital host an interactive, educational event covering how exercise, nutrition and a healthy mindset can positively impact cardiovascular health. *Lunch is provided for those who pre-register by Monday, Feb. 11; call (517) 541-5800, opt. 1.*

**Cost: FREE**

Thurs., Feb. 14      11:30 a.m. – 1 p.m.

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## 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: <https://www.poweredbyplants.org>.

**Cost: FREE**

Thurs., Jan. 17      6:30 p.m. – 8 p.m.

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## Professional Speaker Series: Sleep Disorders

**Presenter: Dr. Chandra Gera**

Learn the risks, latest statistics, warning signs and preventative measures for common sleep disorders such as sleep apnea. *Lunch included for those who pre-register by Friday, Jan. 25; call (517) 541-5800, opt. 1 to register.*

**Cost: FREE**

Tues., Jan. 29      12 p.m. – 1:30 p.m.

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## Protecting Your Identity

**Speaker: Kathy Elsesser  
& Courtney Samson**

Create financial health by protecting your identity. Learn the real threat of identity theft and how to protect yourself, and your family, against it.

**Cost: FREE**

Mon., Jan. 28

6 p.m. – 7 p.m.

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## WORKSHOPS

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

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## Community CPR

**Instructor: Eaton Area EMS staff**

The full American Heart Association CPR certification course and first aid certification for the lay person. Includes infant, child, adult CPR and AED. *Limited to 12 participants.*

**Cost: \$40**

Tues., Feb. 5

5:30 p.m. – 7:30 p.m.

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## Couples Massage

**Instructor: Sarah Pitchford**

Designed to assist couples in enjoying massage together. Focus on learning proper pressure to ensure a relaxing, comfortable massage for your partner while maintaining proper ergonomics. Be guided through applying lotion/oil, warming the area of interest and leading into deeper massage for kneading knots. Wear loose, comfortable clothing. *Limited to 12 couples.*

**Cost: \$20/couple**

Fri., Feb. 1

6 p.m. – 7:30 p.m.

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## Discovering Your Inner Resources

**Instructor: Janet Hayter**

Discover inner strength, choice, hope and the possibility of personal peace. An innovative educational program facilitated by volunteers. Interactive workshops take place in the form of a 10-session curriculum of videos and written materials. (Non-religious, non-sectarian.)

**Cost: FREE**

Jan. 6-Mar. 10    Sun.    3 p.m. – 4 p.m.

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## Intro to Ukulele

**Instructor: Clint Dickerson**

An introductory, group lesson that teaches ukulele basics, including how to hold the instrument, count musically and play beginning chords. Bringing your own ukulele is encouraged, but not mandatory (a limited amount of ukuleles may be made available during class time). Ages 13 and up.

**Cost: \$40**

Feb. 5–26    Tues.    6 p.m. – 7 p.m.

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## Intro to Guitar

**Instructor: Clint Dickerson**

This introductory, group lesson teaches how to hold and tune a guitar, read sheet music and count musically, play notes and introduces beginning chords. Bringing your own guitar is encouraged, but not mandatory (a limited amount of guitars will be available during class time for participants). Ages 13 and up.

**Cost: \$40**

Jan. 9–30    Wed.    6 p.m. – 7 p.m.

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## New Perspective: Stress-Free Living

**Instructor: Laura Kay**

This eight-week program has been highly respected within the medical community for 35 years. Developed by Jon Kabat-Zinn, the fundamental benefit of stress-free living is rooted in its base of Mindfulness Based Stress Reduction (MBSR); improvement of overall health and well-being. Learn mindful eating, moving, listening, communication and more. *Full-day session held 9 a.m.-3:30 p.m., Saturday, Feb. 16. Limited to 15 participants.*

**Cost: \$175/eight-week session**  
**MOVE Member:\$150/eight-week session**

Jan. 14 – Mar. 4 Mon. 6:30 p.m. – 8:30 p.m.

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## Open House: Spring

A quarterly event that focuses on upcoming programming and experiences. Purchase custom products, receive 10% off registrations, enjoy tours and more. Available **only** during the open house times listed below.

**Cost: FREE**

Mon., Feb. 18 5 p.m. – 7 p.m.

Tues., Feb. 19 10 a.m. – 12 p.m.



**New Perspective: Stress-Free Living**

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## Open House: Winter

A quarterly event that focuses on upcoming programming and experiences. Purchase custom products, receive 10% off registrations, enjoy tours and more. Available **only** during the open house times listed below.

**Cost: FREE**

Mon., Nov. 19	5 p.m. – 7 p.m.
Tues., Nov. 20	10 a.m. – 12 p.m.

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## Playmakers' Satellite Store

Visit Playmakers at ALIVE for an exclusive two-day holiday sale. Includes popular brands like Brooks, New Balance, Keen, Smartwool, Inov-8 and more!

**Cost: FREE**

Fri., Nov. 16	11 a.m. – 6 p.m.
Sat., Nov. 17	10 a.m. – 1 p.m.

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## Songwriting: Valentine's Edition

**Instructor: Clint Dickerson**

Learn basic elements of a song and its structure, including how to begin creating a song, where to find inspiration, various song-writing styles, how to protect and copyright the finished product, where songs can be used and how to make it a career. Writing a song as a group is an interactive component of the class. Pen and paper is encouraged. Ages 13 and up.

**Cost: \$20**

Sat., Feb. 9	10 a.m. – 12 p.m.
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## Wet-Felting Make & Take

**Instructor: Cora Foley**

Learn the ancient method of wet-felting natural fibers to create a lightweight scarf "art-cessory." Wet-felting involves soap, water and agitation/friction to bond loose fibers into fabric with no base layer. Uses only natural fiber such as Merino and Alpaca wool. Materials and essential tools provided. Participants should bring a couple old bath towels, a plastic bag to take home wet items, and dish gloves if hands are sensitive.

**Cost: \$50**

Thurs., Jan. 31      4:30 p.m. – 7 p.m.

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## Women's Health Experience

Celebrate this annual event that focuses on five dimensions of women's health: DO, BREATHE, EAT, THINK and SUPPORT. Event features include: lunch from NOURISH by The Big Salad, educational and interactive booths, healthy cooking demos, group exercise demos, Playmaker's satellite store, free childcare in GROW and more.

**Cost: FREE**

Sat., Nov. 17      10 a.m. – 1 p.m.



Women's Health Experience

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**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

### Baking with Kids: Valentine Cookie Bouquets

**Instructor: Brooke LaFore**

Create a fun cookie bouquet every valentine will want. Decorate six delicious cookies and arrange them beautifully for that special someone. Ages 3-12 (children 3-6 must be accompanied by an adult).

**Cost: \$25/bouquet** (max 2 per bouquet)

Sat., Feb. 9      10:30 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.



Baking with Kids: Valentine Cookie Bouquets

## Fancy Nancy Party

**Instructors: Angela Noble  
& Christina Campbell**

Join this magnifique event and savor finger sandwiches with pink lemonade, be fancy with friends and make hair bows, participate in a fashion show, and leave with a surprise take-home item. Ages 4 and up.

**Cost: \$15**

Sat., Jan. 5

1 p.m. – 2:30 p.m.

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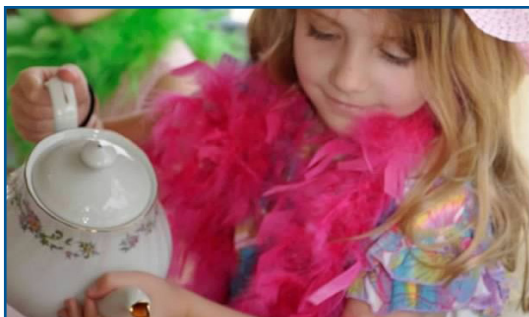
## FITKids

**Instructor: Ashley Riley, RDN**

An interactive nutrition and fitness program for 7th and 8th graders, generously offered free of charge by Sparrow Hospital's Be Well in the Kitchen grant funding. FITKids teaches students how to have fun and be safe while being more physically active and eating healthier foods. Weekly activities include a healthy snack upon arrival, nutrition lessons, healthy meal preparation in RELISH, food sampling, fitness lessons and activities. *Maximum 10 participants.*

**Cost: FREE**

Jan. 22 – Mar. 26 Tues. 3:30 p.m. – 5:30 p.m.



Fancy Nancy Party

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## Kids' Fitness Variety



**Instructor: GROW Staff**

Children ages 3-8 explore a variety of age-appropriate fitness ranging from body weight based, calisthenics, yoga, dance, active games and more. They will get familiar with various pieces of equipment, practice flexibility and coordination and learn first-hand that strength comes from within. Develop a foundation for a life of well-being. An outline of workouts for the month will be posted in GROW.

**Cost: GROW drop-in rates**  
**GROW Member: FREE**

Mon.	5:45 p.m. – 6:15 p.m.
Tues.	5:45 p.m. – 6:15 p.m.
Wed.	5:45 p.m. – 6:15 p.m.
Thurs.	5:45 p.m. – 6:15 p.m.

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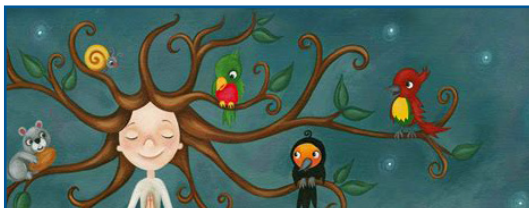
## Pajamas, Bedtime & Yoga

**Instructor: Emily Mason**

Introduce yoga to your child's bedtime routine to add a relaxing, fun way to calm both mind and body. Children and parents will learn simple yoga poses together from the book "Goodnight Yoga" by Miriam Gates. Each family takes home a copy. Comfortable clothes, such as pajamas, and a favorite bedtime buddy encouraged.

**Cost: \$20/parent-child combo**

Wed., Jan. 23      6:30 p.m. – 7:30 p.m.



Pajamas, Bedtime & Yoga

## Parents' Great Escape

Parents, drop the kids off for some holiday fun at ALIVE while you take the night to shop, go out or relax. Ages 3-12 can stay until 10:00p.m. (young children must be fully potty-trained). Supervised, holiday-themed activities include: making and wrapping a holiday gift for parents (*Christmas PGE only*), themed craft, singing holiday songs, group games, group stories and more. Pizza dinner provided. *Pre-registration is required by the Wednesday prior to the event.*

Dec 8: Presents for Parents

Feb 9: Be My Valentine

**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., Dec. 8                      5 p.m. – 10 p.m.

Sat., Feb. 9                      5 p.m. – 10 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.



Rock Climbing Safari

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## String Art Make & Take

**Instructor: Kristi Lincoln & Sarah Winegar**

Create a masterpiece in this string art workshop. These simple yet charming pieces of art can be used to decorate your home or to give a gifts. One piece of art per person will be made and your child will take home the skills to be able to create more.

Dec 1: Snowflakes or Christmas Trees

Feb 2: Hearts or XO's

**Cost: \$10**

Sat., Dec. 1            10 a.m. – 11:30 a.m.

Sat., Feb. 2            10 a.m. – 11:30 a.m.



String Art Make & Take

## The North Pole Visits ALIVE

Come experience the magic of the North Pole! The excitement will include making a donut to decorate and eat, a chat with the Grinch, a visit along our nature path to feed the Rush Reindeer Ranch featuring live reindeer (generously sponsored by Cooper, Dillon and Owen Rush), an opportunity to roast a marshmallow and the ultimate finale – Santa. *Reserve your North Pole experience time slot; all (517) 543-5803. Limited space available.*

**Cost: \$20/family**

Sun., Dec. 16

12 p.m. – 2 p.m.

## Tween 30-Minute Blast



**Instructor: GROW Staff**

Children ages 8-12 explore a variety of age-appropriate fitness ranging from body weight based, calisthenics, yoga, dance, active games and more. They will get familiar with various pieces of equipment, practice flexibility and coordination and learn first-hand that strength comes from within. Develop a foundation for a life of well-being. An outline of workouts for the month will be posted in GROW.

**Cost: GROW drop-in rates**  
**GROW Member: FREE**

Tues.

6:15 p.m. – 6:45 p.m.

Thurs.

6:15 p.m. – 6:45 p.m.



The North Pole Visits ALIVE

# NOURISH



BY THE BIG SALAD

**DINE IN OR TAKE OUT!**

**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.\*

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

**Full menu includes salads and sandwiches, as well as Grab 'n' Go items (soup, smoothies, chips, coffee and beverages, etc.)**





## Notes




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## Notes




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## Notes


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## 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](http://www.hgbhealth.com).





800 W. Lawrence Ave.

Charlotte, MI 48813

[myalive.com](http://myalive.com)

Main (517) 541-5800

Fax (517) 541-5810

