



FALL PROGRAM GUIDE



August 28, 2017 – November 26, 2017
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	10:30 a.m. to 7 p.m.
Friday	10:30 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 Labor Day (Sept. 4) and Thanksgiving (Nov. 23). In addition, NOURISH will be closed:

- Saturday, Sept. 3
- Friday, Nov. 24
- Saturday, Nov. 25



NOURISH by The Big Salad

Directory

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

Christina Campbell 541-5812
Operations Manager
ccampbell@hgbhealth.com

Jacob Campbell 543-1050, ext. 1681
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. 1736
Community Wellness Coordinator
edreps@hgbhealth.com

Barbara Fulton 543-1050, ext. 1251
Director of Community Development
bfulton@hgbhealth.com

Laurie Newland 541-5803
Youth and Family Services Manager
lnewland@hgbhealth.com

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: Aug. 28 – Oct. 8**
- **Session 2: Oct. 9 – Nov. 19**
- **Make-up: Nov. 20 – Nov. 26**

Four convenient registration methods:

- Log in to myalive.com.
- Call (517) 541-5800, opt. 1, unless a different number is listed within the program description.
- Visit ENCOUNTER (the MOVE or FUSE front desk).
- Register at our Open House and save 10% on programs or class fees (pg. 49).

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 when receiving spa services
- Kindles or 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
- Frequency reward program at 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
- 15% off printing of art projects at International Minute Press
- 20% off any lesson or program at The Power of Water
- 10% off purchases at So Simply
- 10% off purchases of active footwear at Charlotte Shoe Repair

Jem (Journey Experience Member)

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

- Access to women's only trips
- Exclusive offers
- Educational opportunities on women's topics
- Women's Teas (pg. 47)

Look for *Jem* in the program guide to find exclusive women's only and/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.

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.
- 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.)
- Teens ages 13 to 17 are permitted to use ALIVE without supervision if a Teen Safety Sheet has been signed by a parent or guardian.
- 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.

Table of Contents

Special Events

SEPTEMBER: Inspire	Page 8
OCTOBER: Balance	Page 9
NOVEMBER: Embrace	Page 10

Weekly Schedule	Page 12
------------------------	---------

Program Descriptions

DO	Page 21
BREATHE	Page 36
EAT	Page 39
Be Well in the Kitchen	Page 39
Demonstrations	Page 41
SUPPORT	Page 43
THINK	Page 45
Presentations	Page 45
Workshops	Page 48
GROW	Page 51
HGB Service Directory	Page 63

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



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

Special Events

- Aug. 21 CrossFit Fade Quarterly Goal-Setting Pg. 35
Open House: Summer Pg. 49
- Aug. 22 Open House: Summer Pg. 49
- Aug. 31 FITKids Registration Meeting Pg. 52

SEPTEMBER: Inspire

- Sept. 5 FITKids Registration Meeting Pg. 52
- Sept. 6 Reap What Your Garden Sows Rx Pg. 42
- Sept. 9 live life. Nspired. Pg. 29
- Sept. 10 Family Scavenger Hunt Pg. 51
- Sept. 11 FITKids Begins Pg. 52
GLOW Party Pg. 27
- Sept. 13 Beekeeping Basics Pg. 45
Perspectives on Pain: Lower Back Pg. 45
Jern Women's Tea Pg. 47
- Sept. 14 FITKids Begins Pg. 52
HGB Gala Pg. 48
- Sept. 19 Alzheimer's Support Group Pg. 43
- Sept. 20 Plant-Based Mediterranean Pg. 42
- Sept. 21 The Basics of Food Preservation Pg. 47
- Sept. 23 Cooking Matters for
Adults (55+) Begins Pg. 39
- Sept. 26 Heart Healthy Cooking: Celebrate
Flavor (Sodium-Free Seasonings) Pg. 40
- Sept. 28 Diabetes Support Group Pg. 43



Group exercise participants n SOAR

OCTOBER: Balance

- Oct. 2 Cooking for Diabetes:
Faux Pasta Pg. 39
- Oct. 3 Professional Speaker Series:
Sleep Apnea Pg. 46
- Oct. 4 Professional Speaker Series:
Plant-Based Nutrition Pg. 46
- Oct. 10 Cooking Matters for Adults Begins Pg. 39
Heart Healthy Cooking:
Taste the Rainbow Pg. 40
- Oct. 11 *Jern* Women's Tea Pg. 47
- Oct. 12 Mission: Recovery Pg. 43
Professional Speaker Series: Healthy
Mouth = Healthy Body Pg. 46
- Oct. 16 Cooking for Diabetes:
Break the Fast Pg. 39
- Oct. 17 Alzheimer's Support Group Pg. 43
- Oct. 18 Healthy Crockpot Meals Rx Pg. 41
Perspectives on Pain: Lower Back Pg. 45
- Oct. 21 Parents' Great Escape Pg. 53
- Oct. 24 Heart Healthy Cooking:
Ancient Grains Pg. 40
- Oct. 25 Chicken Salad Four Ways Pg. 41
- Oct. 26 Diabetes Support Group Pg. 43
Glam-O-Lanterns Pg. 48
Kid's Pumpkin Decorating Pg. 53
- Oct. 27 Halloween Fitness Party Pg. 29
- Oct. 28 Impression 5's Potions & Eruptions Pg. 53
- Oct. 30 Cooking for Diabetes:
Hearty Fall Soups Pg. 39

Rx – Ludwig vouchers accepted

NOVEMBER: Embrace

- Nov. 1 Vegan Taste of the Ocean Pg. 42
- Nov. 2 Community CPR Pg. 48
- Nov. 4 Healthy Holiday Baking Pg. 40
- Nov. 7 Heart Healthy Cooking: Meals from the Heart Pg. 40
Travel Talk: Navigating Europe Pg. 47
- Nov. 8 *Jen* Women's Tea Pg. 47
- Nov. 9 Mission: Recovery Pg. 44
- Nov. 11 Impression 5's Kitchen Chemistry Pg. 52
- Nov. 12 Pottery Plate Painting Workshop Pg. 54
- Nov. 13 Cooking for Diabetes: Diabetes Friendly Desserts Pg. 39
- Nov. 15 Cooking for Weight Loss *Rx* Pg. 41
Perspectives on Pain: Lower Back Pg. 45
- Nov. 17 Playmakers' Satellite Store Begins Pg. 50
- Nov. 18 Women's Health Experience Pg. 50
- Nov. 20 Open House: Fall Pg. 49
- Nov. 21 Alzheimer's Support Group Pg. 43
Open House: Fall Pg. 49
- Dec. 6 Perspectives on Pain: Lower Back Pg. 45
Rx – Ludwig vouchers accepted

Register online at:
www.myalive.com

**Register at our Open House
and save 10% on programs
or class fees (pg. 49).**

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

Help us celebrate ALIVE's Five-Year Anniversary!

Sun., Sept. 10 - Thurs., Sept. 14.

Activities include:

- Giveaways for **MOVE** members
- A complimentary "relaxation station" in **FUSE** and \$5 off any 60-minute massage booking (must pay upon booking).
- Popcorn for all **EMPOWER** patients
- Daily themed activities in **GROW**
- \$5 special in **NOURISH** by The Big Salad
- Live music on **PERFORM**
- Special events:
 - Family Scavenger Hunt
 - GLOW Dance Party
 - FREE Professional Speaker Series Lunch
 - Plus more!

**Then we will connect the
dots at the annual HGB Gala!**

Purchase tickets at www.hgbhealth.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)
6 a.m.–7 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
8 a.m.–9:45 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	Strength & Stability (KK)
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)
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
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Barre None (DD)
5:30 p.m.–6:15 p.m.	<i>Jern</i> Turning Point: Fitness
5:30 p.m.–6:15 p.m.	Zumba: Kids (JH)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Yoga: Prenatal (JD)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
5:45 p.m.–6:45 p.m.	STRIDE Running Club (KP)
6:30 p.m.–7:15 p.m.	Family POUND (JE)
6:30 p.m.–7:30 p.m.	Couch to CrossFit
6:30 p.m.–7:30 p.m.	Turbo Kick/PiYo (AP/CC)
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.–8 a.m.	Basketball: All Ages Drop-In
6 a.m.–7 a.m.	CrossFit
7 a.m.–8 a.m.	Couch to CrossFit
8:05 a.m.–8:50 a.m.	TRX/Kettlebell Combo (CaD)
9 a.m.–9:55 a.m.	<i>Jern</i> Zumba Gold (DD)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Yoga: Basic (JD)
10 a.m.–10:30 a.m.	Deep Stretch (DD)
10 a.m.–11:45 a.m.	Ping Pong
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 p.m.–1 p.m.	Tiny Tot Playgroup
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.	Cardio Dance (DD)
5 p.m.–6:30 p.m.	Weight Watchers
5:15 p.m.–5:45 p.m.	Yogi and Me (JM)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Yoga: Kids (JM)
6 p.m.–7 p.m.	R.I.P.P.E.D. (TD)
6:15 p.m.–6:45 p.m.	Yoga: Kids (JM)
6:30 p.m.–7:30 p.m.	CrossFit

6:45 p.m.–7:30 p.m. Strength & Stability (JE)
6:55 p.m.–7:55 p.m. Yoga: Basic (JM)
7:15 p.m.–8:55 p.m. Basketball: Adult Drop-In



Fun Fitness

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.–6:35 a.m. PiYo (AP)
6 a.m.–7 a.m. CrossFit
6:15 a.m.–6:30 a.m. 15-Minute Abs (GR)
8 a.m.–9:45 a.m. Pickleball
8:05 a.m.–8:50 a.m. Strength & Stability (KK)
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
9 a.m.–10:30 a.m. Weight Watchers
10 a.m.–10:45 a.m. Barre Above (CJ)
10 a.m.–10:45 a.m. Fun Fitness (AT)
11 a.m.–12 p.m. Tai Chi/Qigong Combo (ES)
12 p.m.–1 p.m. Basketball: Adult Drop-In
12 p.m.–1 p.m. Group Cycling: Virtual Ride
3 p.m.–4:30 p.m. Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m. CrossFit
4:45 p.m.–5:35 p.m. PiYo (CC)
5 p.m.–7 p.m. Wii Dance Party
5:30 p.m.–6:30 p.m. CrossFit
5:30 p.m.–6:30 p.m. Yoga: Basic (NH)
5:45 p.m.–6:30 p.m. Bootcamp (TS)
5:45 p.m.–6:45 p.m. STRIDE Running Club (KP)
6 p.m.–6:45 p.m. Z-Box (TD)
6 p.m.–7:45 p.m. TOPS
6:30 p.m.–7:30 p.m. Couch to CrossFit
6:35 p.m.–7:20 p.m. Barre None (DD)
6:40 p.m.–7:40 p.m. Yoga: Power (NH)
7 p.m.–8:55 p.m. Volleyball: Drop-In

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.–8 a.m. Basketball: All Ages Drop-In
 6 a.m.–7 a.m. CrossFit
 7 a.m.–8 a.m. Couch to CrossFit
 8:05 a.m.–8:50 a.m. TRX/Kettlebell Combo (CaD)
 9 a.m.–9:45 a.m. Group Cycling (KP)
 9 a.m.–9:55 a.m. *Jem* Zumba Gold (DD)
 9 a.m.–10 a.m. CrossFit
 10 a.m.–10:30 a.m. Deep Stretch (DD)
 10 a.m.–11:45 a.m. Ping Pong
 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 p.m.–1 p.m. Tiny Tot Playgroup
 12:10 p.m.–12:28 p.m. 18-Minute Blast (MB)
 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. Group Cycling: Spin & Sculpt (CD)
 5:30 p.m.–6:15 p.m. *Jem* Turning Point: Fitness
 5:30 p.m.–6:15 p.m. Zumba: Kids (JH)
 5:30 p.m.–6:30 p.m. CrossFit
 5:30 p.m.–6:30 p.m. Yoga: Basic (AT)
 5:45 p.m.–6:30 p.m. Zumba (DD)
 6 p.m.–8:55 p.m. Basketball: Adult Drop-In
 6:15 p.m.–7 p.m. Youth Pop-Up Crafts
 6:30 p.m.–7:30 p.m. CrossFit

6:35 p.m.–7:20 p.m.

Barre Above (DD)

6:40 p.m.–7:40 p.m.

Yoga: Power (NH)

7:25 p.m.–7:55 p.m.

Core De Force (AP)



CardioFix/Pilates Plus

Fridays

5:30 a.m.–8 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
6 a.m.–7 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
8 a.m.–9:45 a.m.	Pickleball
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:30 a.m.	<i>Jen</i> Yoga: Basic (JD)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	CardioFix/Pilates Plus (CJ)
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
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)
6 p.m.–7 p.m.	CrossFit
6 p.m.–7 p.m.	R.I.P.P.E.D. (TD)
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In



BUILD

Saturdays

7 a.m.–5 p.m.	Indoor & Outdoor Walking
8 a.m.–12 p.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>Jen</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Strength & Stability (HR)
10 a.m.–12 p.m.	Basketball: Adult Drop-In
11 a.m.–11:45 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
1:30 p.m.–4:30 p.m.	Volleyball: Drop-In

Sundays

9 a.m.–10 a.m.	<i>Jen</i> BRIDGE: Women-Only Workout
9 a.m.–5 p.m.	Indoor & Outdoor Walking
10 a.m.–10:45 a.m.	Bootcamp (TS)
10 a.m.–12 p.m.	Basketball: Adult Drop-In
11 a.m.–12:30 p.m.	Yoga: Vinyasa
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



STRIDE: Running Club

Instructors

AP = Alicia P. JH = Jenny H.
AT = Amanda T. JM = Jessica M.
CaD = Carrie D. KK = Kim K.
CC = Christina C. KKo= Kimberly K.
CD = Chrissy D. KP = Kasey P.
CJ = Cheryl J. MB = Matt B.
DD = Danielle D. MM = Morene M.
ES = Elaine S. MS = Miranda S.
GR = Greg R. NH = Nick H.
HR = Heather R. TD = Taylor D.
JD = Jennifer D. TS = Tom S.
JE = Jenna E.

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



Yoga in DISCOVER

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.

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.

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.

Barre Above (B, I, A)



Offers the best of Lotte Berk's "The Bar Method," in combination with Pilates, yoga, strength training and ballet disciplines while using the Equalizer portable bar. Take barre practice to the next level.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Wed. 10 a.m. – 10:45 a.m.

Thurs. 6:35 p.m. – 7:20 p.m.

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises work muscle strengthening, 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 None

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 p.m. – 8:55 p.m.

Fri. 12 p.m. – 1 p.m.

Sat. 8 a.m. – 12 p.m.

Sun. 10 a.m. – 12 p.m.

Basketball: All Ages Drop-In

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

Cost: \$4/drop-in

MOVE and GROW Members: FREE

Tues. 5:45 a.m. – 8 a.m.

Thurs. 5:45 a.m. – 8 a.m.

Fri. 5:45 a.m. – 8 a.m.

6 p.m. – 8:55 p.m.

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.

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.



Bootcamp

Cardio Dance (B, I, A)

Dance to today's hottest music in this high-energy fitness class.

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

Tues.	5 p.m. – 5:55 p.m.
-------	--------------------

CardioFix/Pilates Plus (B, I, A)

Cardio conditioning with simple movement patterns (featuring step, BOSU, hula hoop 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.

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.

Core De Force (B, I, A)

Join this empowering MMA-style program to punch, kick and jab to a hardcore 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.
Thurs.	7:25 p.m. – 7:55 p.m.

Couch to CrossFit (B)

Introductory class teaches beginners proper form and technique in preparation for mainstream CrossFit classes. Participants are welcome to attend any CrossFit class. **There is a \$40 enrollment fee upon start-up of CrossFit membership.**

Cost:	\$80/month
MOVE Member:	\$50/month
Drop-in:	\$15/class
Mon. & Wed.	6:30 p.m. – 7:30 p.m.
Tues. & Thurs.	7 a.m. – 8 a.m.

CrossFit (I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. See Couch to CrossFit program for those getting started. **There is a \$40 enrollment fee upon start-up of CrossFit membership.**

Cost:	\$80/month
MOVE Member:	\$50/month
Drop-in:	\$15/class

See page 35 for days, times and quarterly meeting date.



CrossFit

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.

GLOW Party

Instructor: ALIVE Instructors

Join us for glow-in-the-dark, fitness fun as part of ALIVE's Five-Year Celebration. Wear favorite neon and white exercise apparel to shine bright under black lights and be prepared to move. Children ages 5 and up may attend (ages 5-12 must be accompanied by an adult).

Cost:	FREE
Mon., Sept. 11	7 p.m. – 8 p.m.

Group Cycling (B, I, A)

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

Cost:	\$5/drop-in
MOVE Member:	FREE*
Tues.	5:45 a.m. – 6:30 a.m.
Thurs.	5:45 a.m. – 6:30 a.m. 9 a.m. – 9:45 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: \$5/drop-in
MOVE Member: FREE*

Tues. 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.*

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.

Wed. 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.



Group Cycling: Spin & Sculpt

Halloween Fitness Party

Instructor: ALIVE Instructors

Put on a Halloween costume and get a taste of group exercise samplings amid Halloween-themed décor, music and more! Children ages 5 and up may attend (ages 5-12 must be accompanied by an adult).

Cost: \$5/person or
\$15/family

Fri., Oct. 27

7 p.m. – 8 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 (walking direction changes daily). Includes 1/5-mile outdoor walking path and newly expanded trail in PRESERVE.

Cost: FREE

live life. Nspired.

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. 9

Registration: 8 a.m.

Race start: 9:45 a.m.



live. life. Nspired.

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 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.

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.	8 a.m. – 9:45 a.m.
Wed.	8 a.m. – 9:45 a.m.
Fri.	8 a.m. – 9:45 a.m.

**Eaton Area Senior Center Members: \$2/drop-in*

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.	10 a.m. – 11:45 a.m.
Thurs.	10 a.m. – 11:45 a.m.
Sun.	12 p.m. – 1 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. This class 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. – 7 p.m.
Fri.	6 p.m. – 7 p.m.

Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome, minimum weight requirement of 45 pounds; review of waiver and sign-in required each time.

Cost:	FREE
Sat.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.



R.I.P.P.E.D.

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

Mon.	8:05 a.m. – 8:50 a.m.
Tues.	6:45 p.m. – 7:30 p.m.
Wed.	8:05 a.m. – 8:50 a.m.
Sat.	10 a.m. – 10:45 a.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.	5:45 p.m. – 6:45 p.m.
Wed.	5:45 p.m. – 6:45 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.
Wed.	9 a.m. – 9:50 a.m.
Fri.	9 a.m. – 9:50 a.m. 4:45 p.m. – 5:30 p.m.

TRX/Kettlebell Combo (I, A)

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: \$45/six-week session

MOVE Member: \$15/six-week session

Tues.	8:05 a.m. – 8:50 a.m.
Thurs.	8:05 a.m. – 8:50 a.m.

Turbo Kick/PiYo (I, A)

Jab, hook and cross your way into sculpted muscles. A great cardiovascular workout combined with punch, kick and HIIT combinations. Transition right into PiYo's flow, core and more!

Cost: \$30/six-week session

MOVE Member: FREE

Mon.	6:30 p.m. – 7:30 p.m.
------	-----------------------

Volleyball: Drop-In (B, I)

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

Cost: \$4/drop-in

MOVE Member: FREE

Wed.	7 p.m. – 8:55 p.m.
Sat.	1:30 p.m. – 4:30 p.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

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

Zumba (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

Thurs. 5:45 p.m. – 6:30 p.m.

Sat. 9 a.m. – 9:55 a.m.

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.

*Eaton Area Senior Center Members: \$20/six-week session



Jem Zumba Gold

CrossFit 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. 6 a.m. – 7 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 6 a.m. – 7 a.m.

9 a.m. – 10 a.m.

4:30 p.m. – 5:30 p.m.

6 p.m. – 7 p.m.

Saturday 9 a.m. – 10 a.m.

Couch to CrossFit

Mon. & Wed. 6:30 p.m. – 7:30 p.m.

Tues. & Thurs. 7 a.m. – 8 a.m.

*Tuesday and Thursday only

Members are invited to join the quarterly goal-setting meeting 5:30 p.m., Monday, Aug. 21, when body compositions will be available for \$10.

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. 5:45 a.m. – 6:35 a.m.
4:45 p.m. – 5:35 p.m.

Sat. 8:05 a.m. – 8:55 a.m.

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 a.m. – 12 p.m.

Yoga: Basic (B)

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

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 6:40 p.m. – 7:40 p.m.

Tues. 9 a.m. – 10 a.m.
6:55 p.m. – 7:55 p.m.

Wed. 5:30 p.m. – 6:30 p.m.

Thurs. 5:30 p.m. – 6:30 p.m.

Fri. *Jorn* 9:30 a.m. – 10:30 a.m.



PiYo

Yoga: Prenatal (B, I, A)

Join other moms-to-be and work on a strong and healthy body during pregnancy. Gentle yoga nurtures both body and baby. Appropriate for all trimesters. Check with physician prior to beginning any exercise program while pregnant.

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

Mon. 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

Wed. 6:40 p.m. – 7:40 p.m.

Thurs. 6:40 p.m. – 7:40 p.m.

Yoga: Vinyasa (B, I)

Charlotte Yoga Club practices Iyengar-style yoga, designed to cultivate stability, strength and flexibility by focusing on proper alignment and a systematic progression of postures. Annual fee of \$5 includes unlimited classes for MOVE members. (www.charlotteyoga.net)

MOVE Member: \$5/year*

Sun. 11 a.m. – 12:30 p.m.

**Fees paid directly to Instructor Erica Spitzfaden*



Yoga: Power

EAT

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.

Cooking for Diabetes

Instructor: Ashley Riley, RDN

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

October 2: Faux Pasta

October 16: Break the Fast

October 30: Hearty Fall Soups

November 13: Diabetes Friendly Desserts

Cost: FREE

Mondays 6:30 p.m. – 8 p.m.

Cooking Matters for Adults

Instructor: MSU Extension

MSU Extension office presents a six-week cooking class demo for adults. Cooking healthy yet inexpensive meals, especially those living alone, can be a challenge. Come learn healthy ways to cook and shop. **Limited to first 16 people per session; register by calling (517) 887-4534.**

Cost: FREE

Sept. 23 - Oct. 28 Sat. (Ages 55+) 10 a.m. – 12 p.m.

Oct. 10 - Nov. 14 Tues. 5 p.m. – 7 p.m.

Healthy Holiday Baking

Instructor: MSU Extension

Holiday baking can make it difficult to maintain healthy habits. Learn to bake for the holidays without blowing the calorie bank and keeping great flavor. **Limited to first 16 people; register by calling (517) 887-4534.**

Cost: FREE

Sat., Nov. 4 11 a.m. – 12:30 p.m.

Heart Healthy Cooking

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. **Limited to the first 16 people per class.**

September 26: Celebrate Flavor
(Sodium-Free Seasonings)

October 10: Taste the Rainbow

October 24: Ancient Grains

November 7: Meals from the Heart

Cost: FREE

Tuesdays 12 p.m. – 1:30 p.m.



Heart Healthy Cooking

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.

Chicken Salad Four Ways

Instructor: Lori Pray

Learn how to take a family favorite and spin it four ways, including three cold and one hot recipe. Various methods for cooking chicken are demonstrated.

Cost: \$25

Wed., Oct. 25 6 p.m. – 7 p.m.

Cooking for Weight Loss *Rx*

Instructor: Ellen Dreps

Learn simple steps to cook and gradually shed pounds in a healthy way without skimping on flavor. Hint: To weigh less, cook more ... home cooking puts you in control.

Cost: \$20

Wed., Nov. 15 6 p.m. – 7:30 p.m.

Healthy Crockpot Meals *Rx*

Instructor: Deb Dillon, MS, RDN

Planning meals ahead can be tricky with a busy schedule. See how simple it is to prepare healthy dinners using a crockpot.

Cost: \$20

Wed., Oct. 18 6 p.m. – 7 p.m.

Rx – Ludwig vouchers accepted

Plant-Based Mediterranean

Instructor: Karen Cross

Taste the benefits of Mediterranean cooking, prepared in a plant-based, vegan-friendly way. Learn to create veggie ghallaba, lemony hummus, toum (whipped garlic), Fattoush salad and fresh pita bread. Top it off with the chef's surprise dessert.

Cost: \$25

Wed., Sept. 20 6:30 p.m. – 7:30 p.m.

Reap What Your Garden Sows *Rx*

Instructor: Ashley Riley, RDN

Celebrate what your garden produced. Learn how to make and preserve homemade marinara and pesto. Ingredients will be picked fresh from HARVEST, the community garden at ALIVE. Free gift to all attendees.

Cost: \$15

Wed., Sept. 6 6 p.m. – 7p.m.

Vegan Taste of the Ocean

Instructor: Karen Cross

Learn to create a "seafood" smorgasbord featuring mock New England clam chowder, crab cakes, garlic cheese biscuits and a fun dessert. Savor, enjoy and re-create at home.

Cost: \$25

Wed., Nov. 1 6:30 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted



Reap What Your Garden Sows

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., Sept. 19 1:30 p.m. – 2:45 p.m.

Tues., Oct. 17 1:30 p.m. – 2:45 p.m.

Tues., Nov. 21 1:30 p.m. – 2:45 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., Sept. 28 6:30 p.m. – 8 p.m.

Thurs., Oct. 26 6:30 p.m. – 8 p.m.

Mission: Recovery

Provides support for individuals struggling with eating complications, as well as family and friends coping with the challenges of a loved one with an eating disorder. Meetings may include informal conversations, as well as opportunities for discussion with healthcare professionals.

Cost: FREE

Thurs., Oct. 12 6:30 p.m. – 7:45 p.m.

Thurs., Nov. 9 6:30 p.m. – 7:45 p.m.

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 and promotions or call (517) 388-0581.

Wed. 6 p.m. – 7:45 p.m.

Jern Turning Point Program For Breast Cancer Survivors

ALIVE partners with the YMCA of Lansing to provide fitness and yoga classes for breast cancer survivors. Class includes health and fitness assessments, nutrition education and more – all focused on participants' specific needs. Attend as many classes as you're able. *Registration required; call (517) 543-1050, ext. 1736.*

Cost: FREE

Fitness: Mon. 5:30 p.m. – 6:15 p.m.

Thurs. 5:30 p.m. – 6:15 p.m.

Yoga: Fri. 9:30 a.m. – 10:30 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. Visit weightwatchers.com for pricing and promotions.

Tues. 5 p.m. – 6:30 p.m.

Wed. 9 a.m. – 10:30 a.m.

THINK

PRESENTATIONS

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

Beekeeping Basics

Speakers: Andrew Rupp & Danielle Rupp

Honey bees play a significant role in pollination, and keeping them is a fun and rewarding hobby! Learn about raising honey bees, fascinating honey bee behavior, and beekeeping basics including hive construction.

Cost: FREE

Wed., Sept. 13 6 p.m. – 7:30 p.m.

Perspectives on Pain: Lower Back

Learn about different techniques that can support your back. **Lunch and light refreshments included for those who pre-register by the Friday prior to the presentation date; call (517) 541-5800, opt. 1.**

Sept. 13: Dr. Jamie Mueller-Smith, DO

Oct. 18: Dr. Dennis R. Craft, DC, CCSP, CACCP

Nov. 15: Andrue Bergmooser, PT, DPT, OCS

Dec. 6: Dr. Robert Rolle, DC

Cost: FREE

Wed., Sept. 13 11:30 a.m. – 1 p.m.

Wed., Oct. 18 6:30 p.m. – 7:30 p.m.

Wed., Nov. 15 6:30 p.m. – 7:30 p.m.

Wed., Dec. 6 11:30 a.m. – 1 p.m.

Professional Speaker Series: Healthy Mouth = Healthy Body

Speaker: Eaton Oral Health Coalition

Say ahhh! And learn how a healthy mouth equals a healthy body at this event featuring a short film and panel of coalition speakers. ***Dinner included for those who pre-register by Friday, Oct. 6; call (517) 541-5800, opt. 1. Childcare provided (space limited; ages 2 years and up).***

Cost: FREE

Thurs., Oct. 12 5:30 p.m. – 7 p.m.

Professional Speaker Series: Plant-Based Nutrition

Speaker: Paul Chatlin

For those interested in following a plant-based, low-fat diet. Learn how to optimize health, combat cardiovascular and make lifestyle changes in a plant-based way. ***Light refreshments included for those who pre-register by Friday, Sept. 29; call (517) 541-5800, opt. 1.***

Cost: FREE

Wed., Oct. 4 6 p.m. – 7 p.m.

Professional Speaker Series: Sleep Apnea

Speaker: Dr. Chandra Gera, M.D.

Learn the risks, latest statistics, warning signs and preventative measures for sleep apnea. ***Lunch included for those who pre-register by Friday, Sept. 29; call (517) 541-5800, opt. 1.***

Cost: FREE

Tues., Oct. 3 11:30 a.m. – 1 p.m.

The Basics of Food Preservation

Speaker: MSU Extension

An introduction to preserving food at home including types of equipment needed, latest research, recipes and more. Call (517) 887-4587 to register.

Cost: FREE

Thurs., Sept. 21 6 p.m. – 7:30 p.m.

Travel Talk: Navigating Europe

Speaker: Liz Andrews

Learn all you need to know about travelling in Europe. From guided tours to self-led trips, and the varying countries to choose from.

Cost: FREE

Tues., Nov. 7 5 p.m. – 6 p.m.

Jem Women's Tea

Mingle while enjoying tea and fresh baked goods. Teacup collection generously donated for use by Courthouse Square Association. Enjoy a brief presentation by monthly guest speakers. Space is limited. Donations encouraged.

- Sept. 13: Michigan Wine vs. the World with Patrick Sustrich
- Oct. 11: Beekeeping Basics with Andrew & Danielle Rupp
- Nov 8: Photography 101 with Amanda Lipsey

Cost: FREE

Wed., Sept. 13 2 p.m. – 3 p.m.

Wed., Oct. 11 2 p.m. – 3 p.m.

Wed., Nov. 8 2 p.m. – 3 p.m.

WORKSHOPS

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

Community CPR

Instructor: HGB EMTs

Full American Heart Association CPR certification course for the lay person. Includes Infant, Child, Adult CPR and AED. **Limited to the first 12 participants.**

Cost: \$25

Thurs., Nov. 2 6 p.m. – 8 p.m.

Glam-O-Lanterns

Instructor: Katie Emery

Bring two clean pumpkins and be prepared to decorate. Work with jewels, paints, sparkles, drills, glue guns and more. You are guided through this hands-on project to "glam up" jack-o-lanterns. Ages 13+.

Cost: \$10

Thurs., Oct. 26 7:30 p.m. – 8:30 p.m.

HGB Annual Gala

Join Hayes Green Beach Memorial Hospital for another memorable experience, including tasty food and beverages, live music, unique silent auction items and more with a "Connect the Dots" theme for this year's celebration with a purpose. Open to all who are looking for a creative and fun way to support HGB and its initiatives. Contact HGB Community Development at bfulton@hgbhealth.com for more information.

Cost: \$25

Thurs., Sept. 14 7 p.m. – 10 p.m.

Open House: Fall

A quarterly event that focuses on upcoming ALIVE programming and experiences. This quarter the line-up includes: custom apparel (only available to order during event), 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

Mon., Nov. 20	5 p.m. – 7 p.m.
Tues., Nov. 21	10 a.m. – 12 p.m.

Open House: Summer

A quarterly event that focuses on upcoming ALIVE programming and experiences. This quarter the line-up includes: custom apparel (only available to order during event), 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

Mon., Aug. 21	5 p.m. – 7 p.m.
Tues., Aug. 22	10 a.m. – 12 p.m.



HGB Annual Gala

Playmakers' Satellite Store

Join Playmakers at ALIVE for an exclusive two-day holiday sale before and during the Women's Health Experience event. Includes popular brands like Brooks, New Balance, Keen, Smartwool, Inov-8 and more!

Cost: FREE

Fri. Nov. 17	11 a.m. – 6 p.m.
Sat., Nov. 18	10 a.m. – 1 p.m.

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, Playmakers' satellite store, free chair massages, free wine tasting, free childcare in GROW and more.

Cost: FREE

Sat., Nov. 18	10 a.m. – 1 p.m.
---------------	------------------



Playmakers' Satellite Store

GROW

Family POUND (B, I)

Channel your “inner rock star” and fuse cardio interval training with drumming to provide a challenging, heart-pounding workout for the whole family. Limited number of Ripstix available to check out or purchase.

Cost: \$30/six-week session
MOVE and GROW Members: FREE

Mon.	6:30 p.m. – 7:15 p.m.
------	-----------------------

Family Scavenger Hunt

As part of ALIVE's Five-Year Celebration, enjoy a self-guided, family-friendly scavenger hunt along EXPLORE (the outdoor walking path) in PRESERVE. Retrieve instructions/form from CREATE. **Complete the form and turn in to CREATE for a chance to win a CELEBRATE! Birthday Party package (value \$150), to be drawn Monday, Sept. 11.**

Cost: FREE

Sun., Sept. 10	9 a.m. – 5 p.m.
----------------	-----------------



Family Scavenger Hunt

FITKids

**Instructor: Deb Dillon, MS, RDN, and
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 16 participants per session. Mandatory registration meeting for parents and students 6 p.m. to 7 p.m., Thurs., Aug. 31, or Tues., Sept. 5.**

Cost: FREE

Sept. 11 - Nov. 13 Mon. 3:30 p.m. – 5:30 p.m.

Sept. 14 - Nov. 16 Thurs. 3:30 p.m. – 5:30 p.m.

Impression 5's Kitchen Chemistry

Turning chefs into scientists. Transform ordinary ingredients found in your kitchen to amazing chemistry experiments. Explore with solutions, reactions and more! Create an edible science experiment. This program is for children who want to play, create and challenge their understanding of science. Ages 6+.

Cost: \$15 per child

GROW Member: \$12 per child

Sat., Nov. 11 10 a.m. – 11:30 a.m.

Impression 5's Potions & Eruptions

Join us for a chemistry experience where you get to mix glow-in-the-dark slime. Learn about chemicals and their reactions to create a fizzy rocket. Get your science goggles ready for mixing, pouring, and stirring the way to creating amazing concoctions. Ages 6+.

Cost: \$15 per child

GROW Member: \$12 per child

Sat., Oct. 28 10 a.m. – 11:30 a.m.

Kid's Pumpkin Decorating

Instructor: Katie Emery

Bring one to two clean pumpkins and be prepared to decorate. Work with jewels, paints, sparkles, and more. Children are guided through this hands-on project to decorate Halloween pumpkins. Ages 3-12 (children 3-6 must be accompanied by an adult).

Cost: \$10

Thurs., Oct. 26 6 p.m. – 7 p.m.

Parents' Great Escape

Parents, drop the kids off in Halloween costumes for a SPOOKTACTULAR evening of fun. Ages 3-12 can stay until 10 p.m. (*young children must be fully potty-trained*). Supervised activities include: Halloween themed arts and crafts, scavenger hunt, group games, rock wall (45 lbs. and up) and more. Pizza dinner provided. Pre-registration required by Wednesday prior to the event.

Cost: \$15 first child

\$10 per add'l child (*same household*)

GROW Member: \$13.50 first child

\$9 per add'l child (*same household*)

Sat., Oct. 21 6 p.m. – 10 p.m.

Pottery Plate Painting Workshop

Instructor: My Creative Escape

Looking for a handmade holiday gift idea? Paint a pottery dinner plate. Plates will be fired and ready for pick up at ALIVE a week later. All materials provided. Ages 2-12 (children 2-6 must be accompanied by an adult).

Cost: \$20

Sun., Nov. 12 2 p.m. – 4 p.m.

Rock Climbing Safari

How high can you climb to reach the zebra, giraffe and other animals? Try out the new rock climbing safari on ASCEND. Receive a sticker at each level attained. **See page 31 for the 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.

Tail Wagging Tutors

Kids, read to Maggie, a certified therapy dog. Bring a book to read or select from the many books in GROW. Maggie loves them all. *Call for this month's dates and times at (517) 541-5803.*

Cost: FREE



Rock Climbing Safari

Tiny Tot Playgroup

Children ages 0-5 are welcome to play in LEARN 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

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

Wii Dance Party

A fun featured activity to enjoy when signed into GROW. Children ages 3-12 can show off their dance moves with friends and join the party.

Cost: GROW drop-in rates
GROW Member: FREE

Wed.	5 p.m. – 7 p.m.
------	-----------------

Yogi and Me

Parents model poses and join their children in partner poses engaging in imaginative, playful yoga activity. For children ages 1-2 years old. No prior experience needed.

Cost: \$5/drop-in
MOVE Member: FREE

Tues.	5:15 p.m. – 5:45 p.m.
-------	-----------------------



GROW

Yoga: Kids

Children ages 3-12 explore a variety of age-appropriate yoga poses and games, and learn how to focus and center themselves, as well as improve strength, flexibility and coordination. Develop a foundation for a life full of health and well-being.

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

Tues. (ages 3-5) 5:45 p.m. – 6:15 p.m.

Tues. (ages 6-12) 6:15 p.m. – 6:45 p.m.

Youth Pop-Up Crafts

A fun featured activity to enjoy when signed into GROW. Children ages 3-12 can experience the facilitated crafts planned weekly. Enjoy "make and take" seasonal projects for the budding crafter. Materials provided.

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

Thurs. 6:15 p.m. – 7 p.m.

Zumba: Kids

Children ages 3-12 learn kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into class.

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

Mon. 5:30 p.m. – 6:15 p.m.

Thurs. 5:30 p.m. – 6:15 p.m.



Yoga: Kids



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

COST:

- \$4 per child per visit
- \$3 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$16 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.*



MONDAY – THURSDAY

**10:30 a.m. to 3 p.m.
and
3 p.m. to 7 p.m.**

FRIDAY

10:30 a.m. to 3 p.m.

SATURDAY

10 a.m. to 1 p.m.*

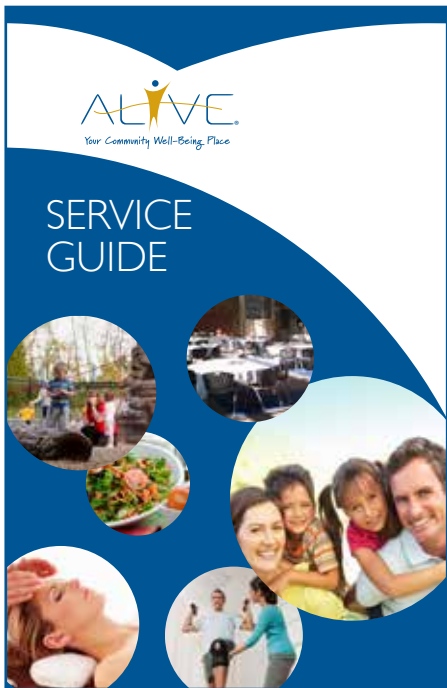
**Grab 'n' Go / Limited menu available*

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



**For a complete listing of
AL!VE services, pick up a
Service Guide featuring:**

- **Clinical therapy services**
- **Event and party planning services**
- **Health and wellness services**
- **Medical spa services**
- **... and more!**



Notes

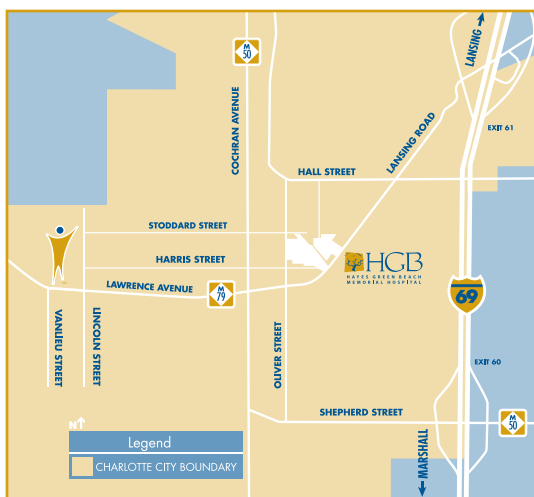
[illegible]

[illegible]

HGB – Main	543-1050
Ambulance Services	911 or 541-5912
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 1357
Diabetes Program	543-1050, ext. 1727
Emergency Department	911 or 543-9508
Endoscopy Station	541-5833
Food and Nutrition	541-5909
HGB Heart Station	541-5840
Human Resources	543-9502
Care Station <i>(anticoagulation, infusion, urology)</i>	543-1050, ext. 3261
Laboratory	543-9505
Medical Records	543-1050, ext. 1397
Medical and Surgical Unit	543-1050, ext. 1303
Patient Financial Services	855-565-5238
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 1365
Urgent Care	541-5935



HCB
HAYES GREEN BEACH
MEMORIAL HOSPITAL



800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

Main (517) 541-5800

Fax (517) 541-5810

