

SPRING PROGRAM GUIDE



February 26, 2018 – May 27, 2018
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 Easter (April 1) and Memorial Day (May 28).

In addition, NOURISH will be closed:

- Saturday, March 31
- Saturday, May 26



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

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Laurie Newland 541-5803
Youth and Family Services Manager
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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: Feb. 26 – Apr. 8**
- **Session 2: Apr. 9 – May 20**
- **Make-up: May 21 – May 27**

Four convenient registration methods:

- Log in to 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 (pg. 51).

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
- 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
- 10% off sustainably raised meat bundles of 25 lbs. or more at The Olde School House

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. 48)

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.

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



facebook.com/ExperienceALIVE
[twitter.com: @ALIVEisYou](https://twitter.com/@ALIVEisYou)
[instagram.com: @aliveisyou](https://instagram.com/@aliveisyou)

Special Events

- Feb. 19 CrossFit Fade Quarterly
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MARCH: Absorb

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Rx – Ludwig vouchers accepted

Register online at:
www.myalive.com

**Register at our Open House and save
10% on programs or class fees (pg. 51).**

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

MAY: Enhance

- May 1 Heart Healthy Cooking:
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- June 16 Father's Day Family Health Event Pg. 50

Rx – Ludwig vouchers accepted

DID YOU KNOW?

- AL!VE averages nearly 4,000 visits per week.
- AL!VE has gone through three expansions since 2011 and is now approximately 70,000 square feet.
- AL!VE has more than 20,000 L!NK cardholders coming from more than 240 different zip codes.

Join our nearly 6,000 followers on social media to stay updated on the latest at AL!VE.





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.–9:45 a.m. Pickleball
- 8:05 a.m.–8:50 a.m. *Jern* 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)
- 10 a.m.–11 a.m. Yoga: Basic (JD)
- 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.–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.–6:10 p.m. Cardio Hip Hop (AP)
- 5:30 p.m.–6:15 p.m. *Jern* Turning Point: Fitness
- 5:30 p.m.–6:15 p.m. Zumba: Kids (JH)
- 5:30 p.m.–6:30 p.m. CrossFit
- 5:45 p.m.–6:30 p.m. Bootcamp (TS)
- 5:45 p.m.–6:45 p.m. STRIDE Running Club (KP)
- 6:15 p.m.–7:15 p.m. Turbo Kick/PiYo (AP/CC)
- 6:30 p.m.–7:30 p.m. Couch to CrossFit
- 6:40 p.m.–7:40 p.m. Yoga: Basic (NH)

Tuesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
7 a.m.–8 a.m.	Couch to CrossFit
8:05 a.m.–8:50 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:55 a.m.	<i>Jem</i> Zumba Gold (DD)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (JD)
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 (MaS)
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 p.m.–6:30 p.m.	Weight Watchers
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Yoga: Kids (JM)
5:45 p.m.–6:45 p.m.	Triathlon Training (ToS)
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

6:55 p.m.–7:55 p.m.

Yoga: Basic (JM)

7:15 p.m.–8:55 p.m.

Basketball: Adult Drop-In



Basketball: Adult Drop-In in SOAR

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.–9:45 a.m.	Pickleball
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
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)
10 a.m.–11 a.m.	Yoga: Basic (JD)
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.	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.–5:30 p.m.	CrossFit
4:45 p.m.–5:35 p.m.	PiYo (CC)
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 (NH)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
5:45 p.m.–6:30 p.m.	Z-Box (ED)
5:45 p.m.–6:45 p.m.	STRIDE Running Club (KP)
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: Basic (NH)

Thursdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
5:45 a.m.–6:35 a.m.	PiYo (AP)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
7 a.m.–8 a.m.	Couch to CrossFit
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
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)
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 p.m.–1 p.m.	Tiny Tot Playgroup
12:10 p.m.–12:28 p.m.	18-Minute Blast (MaS)
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.	<i>Jem</i> Turning Point: Fitness
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.	Barre Above (DD)
5:45 p.m.–6:30 p.m.	Tween Fitness
5:45 p.m.–6:45 p.m.	Triathlon Training (ToS)

- 6:30 p.m.–7:30 p.m. CrossFit
- 6:35 p.m.–7:20 p.m. Tabata Bootcamp (DD)
- 6:40 p.m.–7:40 p.m. Yoga: Power (NH)
- 6:45 p.m.–8:55 p.m. Basketball: Adult Drop-In
- 7:25 p.m.–7:55 p.m. CORE DE FORCE (AP)



Bootcamp outdoors

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.–8 a.m.	Basketball: All Ages Drop-In
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 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 a.m.–10 a.m.	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.–11:25 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.–7 p.m.	R.I.P.P.E.D. (TD)
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In



STRIDE Running Club

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>Jern</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Rumble (TD)
10 a.m.–11 a.m.	Yoga: Basic (NH)
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>Jern</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
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



Pilates in DISCOVER

Instructors

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

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



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

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.



80's Dance Party (B, I)

Dance fitness fun wearing your favorite 80's gear. Dance routines are choreographed to your favorite 80's hits. Receive a themed giveaway item and the chance to win raffles throughout the event. Ages 9 and up (ages 9-12 must be accompanied by an adult). *Childcare available through 8:15 p.m. (regular rates and policies apply).*

Cost: \$8/person

Fri., May 4 7:15 p.m. – 8:15 p.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 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. 5:45 p.m. – 6:30 p.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.

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.

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

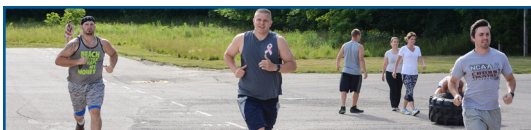
Mon.	5:45 p.m. – 6:30 p.m.
Wed.	5:45 p.m. – 6:30 p.m.
Sun.	10 a.m. – 10:45 a.m.

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

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.

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.

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 Fix/Pilates Plus in ENERGIZE



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.

Thurs. 7:25 p.m. – 7:55 p.m.

Couch to 5K (B)

January 30 - March 22

The Blue Cross Winter Warm Up is back! The eight-week training program is free and open to all ages and abilities. Sessions are 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 25.

Visit www.mibluesperspectives.com/BlueCrossWinterWarmUp for more details.

Cost: FREE

January 30 - March 22

Tues. 5:30 p.m. – 6:30 p.m.

Thurs. 5:30 p.m. – 6:30 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 with 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.**

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

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

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. – 11:25 a.m.

Fun Fitness (B)

Staying fit doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. Ideal for those just beginning exercise.

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

Mon.	10 a.m. – 10:45 a.m.
Wed.	10 a.m. – 10:45 a.m.
Fri.	10 a.m. – 10:45 a.m.



Fun Fitness in SOAR



Group Cycling (B, I, A)

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

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

Tues.	5:45 a.m. – 6:30 a.m.
Thurs.	5:45 a.m. – 6:30 a.m.

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

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

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

Cost: \$5/drop-in
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.*

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 Exercise Certification

Learn skills to take a passion for exercise to the next level. Achieve certification in a specialized group exercise style. Pricing details and registration information available online at websites listed below.

Cost: Varies by certification

Sat., Feb. 24	Tabata Bootcamp <i>TabataBootcamp.com</i>
Sat., Mar. 3	Country Heat <i>BeachBodyLive.com</i>
Sun., Mar. 4	PiYo <i>PiYoLive.com</i>

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

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.



Indoor walking on EXPLORE



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.	7 a.m. – 9:45 a.m. 1 p.m. – 2:45 p.m.
Wed.	7 a.m. – 9:45 a.m. 1 p.m. – 2:45 p.m.
Fri.	7 a.m. – 9:45 a.m. 1 p.m. – 2:45 p.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.

Rumble (I, A)

Like R.I.P.P.E.D., Rumble is formulated with systematic, science-based techniques that are safe, effective and fun. Fuse cardio and martial arts using a Rumble stick.

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

Sat.	10 a.m. – 10:45 a.m.
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Pickleball in SOAR



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

Mon. 8:05 a.m. – 8:50 a.m.

Thurs. 8:05 a.m. – 8:50 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.

Thurs. 6:35 p.m. – 7:20 p.m.

Fri. 9 a.m. – 9:50 a.m.
4:45 p.m. – 5:30 p.m.

Triathlon Training

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center. **Orientation is Tuesday, Feb. 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:

\$50/twelve-week session
\$30/six-week session

Tues. 5:45 p.m. – 6:45 p.m.

Thurs. (pool) 5:45 p.m. – 6:45 p.m.

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

Wed. 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 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.



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. 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. 5:45 p.m. – 6:30 p.m.

Thurs. 10:35 a.m. – 11:10 a.m.

Zumba (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

Tues. 5 p.m. – 5:55 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*

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.

* Skill development and training

** Tuesday and Thursday only

Couch to CrossFit

Mon. & Wed.	6:30 p.m. – 7:30 p.m.
Tues. & Thurs.	7 a.m. – 8 a.m.

Members are invited to join the quarterly goals check-in and goal-setting meeting 5:30 p.m., Monday, Feb. 19.



BREATHE

Deep Stretch (B, I)

Flexibility is a key element to creating a strong, healthy body and loosening muscle groups. Participants are encouraged to warm up muscles before class.

Cost: \$30/six-week session

MOVE Member: FREE

Tues. 10 a.m. – 10:30 a.m.

Thurs. 10 a.m. – 10:30 a.m.

Pilates: Basic Matwork (B)

A mind-body discipline focusing on the breath and activating the core. Increase strength and flexibility. Participants must be comfortable getting up and down from the floor.

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 9 a.m. – 9:45 a.m.

Wed. 9 a.m. – 9:45 a.m.

PiYo (I, A)

A workout inspired by the mind-body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning and dynamic movements.

Cost: \$30/six-week session

MOVE Member: FREE

Wed. 4:45 p.m. – 5:35 p.m.

Thurs. 5:45 a.m. – 6:35 a.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. 11:15 a.m. – 12:15 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. 10 a.m. – 11 a.m.
6:40 p.m. – 7:40 p.m.

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

Wed. 10 a.m. – 11 a.m.
5:30 p.m. – 6:30 p.m.
6:40 p.m. – 7:40 p.m.

Thurs. 9 a.m. – 9:55 a.m.
5:30 p.m. – 6:30 p.m.

Fri. 9 a.m. – 10 a.m.

Sat. 10 a.m. – 11 a.m.



Yoga: Basic in DISCOVER

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: Power in DISCOVER

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

March 15: Faux Pasta

March 29: Break the Fast

April 12: Spring Salads

April 26: Diabetes Friendly Desserts

Cost: FREE

Thursdays

12 p.m. – 1:30 p.m.



Be Well Cooking class in RELISH

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.*

March 20: Celebrate Flavor
(Sodium-Free Seasonings)

April 3: Taste the Rainbow

April 17: Ancient Grains

May 1: Meals from the Heart

Cost: FREE

Tuesdays

6 p.m. – 7:30 p.m.

Jem Survive & Thrive: Cooking for Breast Cancer Survivors

**Instructor: Ashley Riley, RDN &
Deb Dillon, MS, 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 the first 16 people per class.*

Cost: FREE

Fri., May 18

11:30 a.m. – 1 p.m.

Wed., May 23

6 p.m. – 7:30 p.m.



Cooking demonstration in RELISH

DEMONSTRATIONS

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

Cheese & Chocolate

Instructor: Gary Colles

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

Cost: \$20

Fri., Apr. 20 6:30 p.m. – 7:30 p.m.

Clean-Eating Combos *Rx*

Instructor: Deb Dillon, MS, RDN

Spend the lunch hour with tasty, heart-healthy food pairings. Eat while you watch how to easily prepare items at home.

Cost: \$10

Tues., Mar. 6 12:15 p.m. – 12:45 p.m.

Tues., Apr. 3 12:15 p.m. – 12:45 p.m.

Tues., May 8 12:15 p.m. – 12:45 p.m.

Spiralizing 101 *Rx*

Instructor: Ashley Riley, RDN

Cut carbs by eliminating pasta. Learn how to transform ordinary vegetables into tasty, healthy noodles.

Cost: \$20

Thurs., Mar. 15 6 p.m. – 7 p.m.

Rx – Ludwig vouchers accepted

Traditional Russian Cooking

Instructor: Inna Phelps

Feel like a Russian chef for the evening in a unique experience preparing traditional Russian food. Be entertained with comical stories from the chef, a Russian native. Leave educated and full from flavorful dishes.

Cost: \$25

Wed., Apr. 25 6 p.m. – 7:30 p.m.

Vegan German

Instructor: Karen Cross

Experience a taste of Germany with a vegan twist. Get educated on the makings for Zwiebelkuchen (onion pie), sweet and sour red cabbage, and German warm potato salad. Taste this unique world fare and take home the recipes to make later.

Cost: \$25

Wed., May 16 6:30 p.m. – 7:30 p.m.

Vegan Mexican

Instructor: Karen Cross

Create your own fiesta of vegan-friendly food. Watch how Mexican pizza, taquitos and fiesta salad are made. Savor, enjoy and re-create at home.

Cost: \$25

Wed., Mar. 21 6:30 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted

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., Mar. 20	1:30 p.m. – 2:45 p.m.
Tues., Apr. 17	1:30 p.m. – 2:45 p.m.
Tues., May 15	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., Mar. 19	6:30 p.m. – 8 p.m.
Mon., Apr. 16	6:30 p.m. – 8 p.m.
Mon., May 21	6:30 p.m. – 8 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., Mar. 29	6:30 p.m. – 8 p.m.
Thurs., Apr. 26	6:30 p.m. – 8 p.m.
Thurs., May 24	6:30 p.m. – 8 p.m.

Gift of Heart

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

Thurs., Mar. 1	6 p.m. – 8 p.m.
Thurs., Apr. 5	6 p.m. – 8 p.m.
Thurs., May 3	6 p.m. – 8 p.m.

Healing Hearts

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

Cost: FREE

Thurs., Mar. 8	6:30 p.m. – 8 p.m.
Thurs., Apr. 12	6:30 p.m. – 8 p.m.
Thurs., May 10	6:30 p.m. – 8 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.
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MINGLE in GATHER

Jem Turning Point Program For Breast Cancer Survivors

AL!VE partners with the YMCA of Lansing to provide fitness 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.

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.



Turning Point Yoga in DISCOVER

THINK

PRESENTATIONS

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

Essential Oils for Spring

Presenter: Rindy Handy

Learn how essential oils can support your body through the spring months, including some refreshing blends for the seasonal change.

Cost: FREE

Thurs., Apr. 19 6:30 p.m. – 7:30 p.m.

Interactive Stroke Event

HGB and Sparrow Hospital host an interactive, educational lunch and learn event featuring Dr. Stacie Demel in honor of National Stroke Awareness Month. **Lunch included for those who pre-register by Friday, May 4; call (517) 541-5800, opt. 1.**

Cost: FREE

Tuesday, May 8 11:30 a.m. – 1 p.m.



Essential Oils for Spring

Professional Speaker Series: Depression & Anxiety

Speaker: Julia Pierce, MS, OTRL, CBIS

Participate in an education session and open dialogue about depression and anxiety, and how they can be used to create a better, stronger version of yourself. The presenter is a health-care provider and author who has experienced depression and anxiety first-hand, and used the experiences become a better, more hopeful person. For more information, visit nocureneeded.com. **Refreshments are provided for those who pre-register by Friday, April 27; call (517) 541-5800, opt. 1.**

Cost: FREE

Wed., May 2 5:30 p.m. – 6:30 p.m.

Professional Speaker Series: Lymphedema & Oncology Massage

**Speakers: Amanda Tollstam, LMT &
Karri Wills, MSPT**

Learn about the potential causes, treatment and prevention of lymphedema. Additionally, the presenters will introduce the specialized form of oncology massage, and the benefits that aid in lessening the side effects of cancer treatment. **Lunch included for those who pre-register by Thursday, March 15; call (517) 541-5800, opt. 1.**

Cost: FREE

Mon., Mar. 19 11:30 a.m. – 1 p.m.

Jem Professional Speaker Series: Women's Health

Speakers: Jenna Edwards, CPT & Kelli Heyink, PT, DPT

Ladies, learn about a variety of health topics relevant to all ages, including incontinence/ pelvic floor, bone density and heart health.

Refreshments are provided for those who pre-register by Thursday, April 12; call (517) 541-5800, opt. 1.

Cost: FREE

Mon., Apr. 16 5:30 p.m. – 6:30 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.

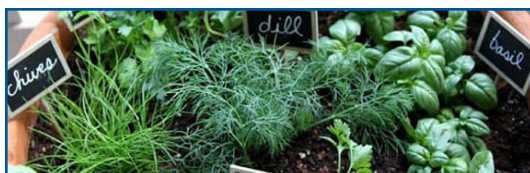
- Mar. 14: Easter Tablescaping with Lori Pray
- Apr. 11: DIY Sugar Scrub with Angela Noble
- May 9: Make & Take Herb Garden with Deb Dillon

Cost: \$5 to participate or FREE to watch

Wed., Mar. 14 2 p.m. – 3 p.m.

Wed., Apr. 11 2 p.m. – 3 p.m.

Wed., May 9 2 p.m. – 3 p.m.



Women's Tea: Make & Take Herb Garden

WORKSHOPS

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

Be A Tourist In Your Own Town

Purchase your "Be a Tourist in Your Own Town" passport beginning in May at GROW or from the Greater Lansing Convention & Visitors Bureau. Visit more 80 area attractions and hot spots including ALIVE.

Cost: \$1/passport

Sat., June 2

10 a.m. – 5 p.m.

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: \$40

Wed., May 9

5 p.m. – 7 p.m.

Easter Tablescaping

Instructor: Lori Pray

Make an elegant statement at this year's Easter dinner with tips and tricks on how to beautify the dining table as you view and interact with three to four different tablescapes. From the centerpiece to each plated detail, walk away with ideas for your home as well as places to shop. Centerpieces will be raffled off to attendees. *Light refreshments provided.*

Cost: \$10

Wed., Mar. 14

5:30 p.m. – 6:30 p.m.

Good Form Running & Safety Tips

Instructor: Thomas Sobleskey, CPT

Good Form Running (GFR) is a technique focused on simplicity developed by the founders of Playmakers. Learn three simple steps to run light and easy, as well as safety tips as runners begin heading the outdoors again.

Cost: FREE

Wed., May 16

5 p.m. – 5:30 p.m.

Father's Day Family Health Event

Celebrate this annual event that kicks off with the Colors United 5K at 8:30 a.m. at the Floyd M. Jewell Memorial, followed by a FREE summer cookout. Highlights: Playmakers satellite store, CrossFit Fade competition, door prizes, kids game area, health screenings and more. This year celebrate the outdoor EXPLORE expansion in PRESERVE, including our new story walk.

Cost: FREE

Sat., June 16

9 a.m. – 1 p.m.



Father's Day Family Health Event

Mindfulness Based Stress Reduction

Instructor: Laura Wyble

This eight-week program has been highly respected in the medical community for 35 years; developed by Jon Kabat-Zinn. The fundamental benefit is improvement of overall health and well-being. Learn mindful eating, moving, listening, communication and much more. *Full day session held Sat., Apr. 14, from 9 a.m.-3:30 p.m. Call (517) 243-2052 to register.*

**Cost: \$275 (by Feb. 23)
\$300 (Feb. 24-Mar. 6)**

Mar. 6 - Apr. 24 Tues. 6:30 p.m. – 9 p.m.

Open House: Spring

A quarterly event that focuses on upcoming ALIVE programming and experiences Purchase custom product, receive 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

Mon., Feb. 19 5 p.m. – 7 p.m.

Tues., Feb. 20 10 a.m. – 12 p.m.

Open House: Summer

A quarterly event that focuses on upcoming ALIVE programming and experiences Purchase custom product, receive 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

Mon., May 21 5 p.m. – 7 p.m.

Tues., May 22 10 a.m. – 12 p.m.

Skin Spring Cleaning

Instructor: Angela Noble

Prevent dry skin as you exit the winter season by learning tips to keep skin light and moisturized. Learn additional skin care tips including anti-aging, sun damage prevention and light massage techniques. Class includes a make and take item.

Cost: \$10

Mon., May 7

6 p.m. – 7 p.m.



Skin Spring Cleaning

NOURISH

BY THE BIG SALAD

**NOW OPEN EARLIER ON
WEEKDAYS AT 9 A.M.!**

MONDAY – THURSDAY

9 a.m. to 7 p.m.

FRIDAY

9a.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.)**



GROW

American Girl Breakfast & Beautify

Instructors: Ellen Dreps & Kori Johns

Have a fabulous, interactive pancake breakfast alongside your American girl doll complete with an array of toppings, accompanied by some healthy sides. Then beautify yourself (and doll) with matching hair and accessories. Includes a complimentary American Girl gift. Ages 5-12.

Cost: \$20

Sat., Mar. 3

10 a.m. – 11:30 a.m.

Fairy Garden Workshop

Instructor: Linda Yeager

Create your own fairy garden complete with real succulent plants, a beautiful container and mini treasures to hide within. Children ages 3-12 (ages 3-6 must be accompanied by an adult).

Cost: \$20

Sun., May 6

1 p.m. – 2:30 p.m.



American Girl Breakfast Party

Parents' Great Escape

Parents, drop the kids off for a themed evening of fun. Ages 3-12 can stay until 10 p.m. (young children must be fully potty-trained). Supervised activities include: 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.

Mar. 17: St. Patrick's Day

May 12: Hawaiian Luau

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., Mar. 17 6 p.m. – 10 p.m.

Sat., May 12 6 p.m. – 10 p.m.

Pop-Up Crafts

Instructor: Laurie Newland

Bring your child to GROW for some facilitated fun, unleashing their inner crafter. Using simple tools let creativity flow. Ages 6-12.

Mar. 8: Soap Carving

Apr. 12: Sand Art

Cost: GROW Drop-In Rate + \$2

GROW Member: \$2

Thurs., Mar. 8 5:30 p.m. – 6:30 p.m.

Thurs., Apr. 12 5:30 p.m. – 6:30 p.m.

Preschool Sports Sampler

Instructor: Kylie Berger

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

Cost: \$15/three-week session
GROW Member: \$12/three-week session

May 5-19

Sat. 10:30 a.m. – 11:30 a.m.

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try out the rock climbing safari on ASCEND. Receive a sticker for the highest 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.



Preschool Sports Sampler in SOAR

Spring Break Specials

Instructor: GROW Staff

Staying local this spring break? We've got you covered with some great extras for the kids. Children must bring own equipment for Nerf Gun Wars (SOAR will be set-up like paintball). Equipment will be provided for floor hockey. Children must be ages 5+, minimum of 45 lbs., and a parent must be present during the rock climbing session.

Apr. 2: Nerf Gun Wars

Apr. 3: Floor Hockey

Apr. 4: Nerf Gun Wars

Apr. 5: Floor Hockey

Apr. 6: Rock Climbing Safari

Cost: \$3/day

April 2 – April 6

1 p.m. – 3 p.m.

Spring Into Fun

Join Eaton Great Start and Early On staff for an evening of spring time fun for families with children ages birth to 8 years old. Crafts, storytelling and walking along EXPLORE.

Cost: FREE

Fri., Apr. 20

5:30 p.m. – 7 p.m.

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

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.

Tween Fitness



Instructor: MOVE Staff

Children ages 8-12 participate in a variety of facilitated sports, fitness and recreational games. Make fitness fun by encouraging physical activity as a lifestyle.

Cost: GROW drop-in rates
GROW Member: FREE

Thurs.	5:45 p.m. – 6:30 p.m.
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Yoga: Kids

Children ages 3-12 explore a variety of age-appropriate yoga poses and games, 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.



Yoga: Kids in DISCOVER

Youth Developmental Volleyball

Instructor: Chrissy Davis

Designed for students in 5th-8th grades, this program teaches skill development including setting, serving, scoring and more. Participants will pair-off to practice skills and scrimmage as a group. **Limited enrollment (max 12).**

Cost: \$40/four-week session
MOVE/GROW Member: \$35/four-week session

March 4 - 25

Sun. 1:30 p.m.– 3 p.m. 5th & 6th grades
Sun. 3:15 p.m.– 4:45 p.m. 7th & 8th grades

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.
Wed. 5:30 p.m. – 6:15 p.m.



Zumba: 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.*

Notes

Notes

HGB Service Directory

HGB – Main	543-1050
Ambulance Services	911 or 541-5912
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
Care Station <i>(anticoagulation, infusion, urology)</i>	543-1050, ext. 52482
Laboratory	543-9505
Medical Records	543-1050, ext. 52105
Medical and Surgical Unit	543-1050, ext. 52605
Patient Financial Services	855-565-5238
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.





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myalive.com

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Fax (517) 541-5810

