

SPRING PROGRAM GUIDE



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 (Apr. 21) and Memorial Day (May 27).

In addition, NOURISH will be closed:

- Saturday, April 20
- Saturday, May 25



Children in GROW

Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 1
General Information	541-5800, opt. 1
ALIVE Clinical Services	541-5800, opt. 2
FUSE (Spa Services)	541-5886
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
MOVE (Fitness Center)	543-9575
NOURISH by The Big Salad (Café)	541-5815

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Registration

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

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

- **Session 1: Feb. 24 – Apr. 6**
- **Session 2: Apr. 7 – May 18**
- **Make-up: May 19 – May 25**

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).

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

Community LINK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 10% off purchases at So Simply
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 50% off studio fee at My Creative Escape

JEM (Journey Experience Member)

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

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

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

Refunds

To ensure quality instruction and adequate space, enrollment in most programs is limited. Registrations are no longer accepted once a class is filled. Classes may be combined or cancelled if the minimum enrollment is not reached.

Cancellations are allowed 48 hours prior to the start of a program to receive a refund. There are no refunds or rebates for classes missed due to illness, travel or other reasons.

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



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

ALIVE Policies

The following guidelines are to help everyone enjoy a safe and exceptional experience at ALIVE:

- NOURISH by The Big Salad is available to accommodate food and beverage needs. Please refrain from bringing outside food into the building.
- Complimentary lockers and coat hooks to store belongings are available in STOW located just inside the main entrance. Please refrain from bringing bags and jackets into classes. ALIVE is not responsible for lost or stolen items.
- For your safety and as a courtesy to others, please do not enter a class or program more than 10 minutes after it has begun.
- For classes requiring reservation of equipment your reserved spot may be given to the next participant in line 10 minutes past the scheduled class start time.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program. (Drop-in activities in SOAR, including rock climbing, are not facilitated.)
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Basketballs and other recreational equipment are available for check-out in MOVE. Please return all items to their original location after use.
- The ALIVE campus is tobacco-free.

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Register online at

www.myalive.com

or by using the

ALIVE mobile app:

*(for iPhone search myalive and
for IOS search my alive)*

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

Special Events

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MARCH: Absorb

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Rx – Ludwig vouchers accepted

MAY: Enhance

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Rx – Ludwig vouchers accepted

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NOURISH
BY THE BIG SALAD

You asked ... we brought it!

**TRY OUR NEW
HOT SANDWICHES and
LARGER SOUP SELECTION!**

MONDAY – THURSDAY

9 a.m. to 7 p.m.

FRIDAY

9 a.m. to 3 p.m.

SATURDAY

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

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

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



Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–8 a.m.	Yoga: Basic (CP)
7 a.m.–9:30 a.m.	Pickleball
8 a.m.–8:45 a.m.	<i>Jem</i> Turning Point: Fitness (AT)
8:05 a.m.–8:50 a.m.	Kettlebell Bootcamp (CaD)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	CardioFix/Pilates Plus (CJ)
10 a.m.–11 a.m.	Yoga: Fusion (JD)
11 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 p.m.	Family Fun Time
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:20 p.m.	Parkinson's Boxing Class (KS)
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–5:30 p.m.	STRIDE Running Club (KP)
4:45 p.m.–5:30 p.m.	Barre None (DD)
5:30 p.m.–6:10 p.m.	Cardio Hip Hop (AP)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Kids' Fitness Variety
5:45 p.m.–6:30 p.m.	Bootcamp (DL)
6:15 p.m.–7:15 p.m.	Turbo Kick/PiYo (AP/CC)
6:30 p.m.–7:30 p.m.	CrossFit
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)

Tuesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–8 a.m.	Basketball: All Ages Drop-In
8 a.m.–9 a.m.	Ping Pong
8:05 a.m.–8:50 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–9:55 a.m.	<i>Jem</i> Zumba Gold (DD)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Phase III Cardiac Rehab
9 a.m.–10 a.m.	Tai Chi/Qigong Combo (LL)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–12 p.m.	Pickleball
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (KKo)
10:40 a.m.–11:10 a.m.	CORE DE FORCE (JD)
11:15 a.m.–11:45 a.m.	Circuit Training (MS)
11:15 a.m.–12 p.m.	Parkinson's Exercise Class (KKo)
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:28 p.m.	18-Minute Blast (MB)
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CD)
5 p.m.–5:45 p.m.	Tabata Bootcamp (DD)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7 p.m.	Inury Clinics
5:45 p.m.–6:15 p.m.	Kids' Fitness Variety
5:45 p.m.–6:45 p.m.	Triathlon Training (TS)
6 p.m.–6:50 p.m.	R.I.P.P.E.D. (TD)
6:15 p.m.–6:45 p.m.	Tween 30-Minute Blast
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–7:45 p.m.	Kettlebell Bootcamp (JC)
7:15 p.m.–8:55 p.m.	Basketball: Adult Drop-In

Wednesdays

5:30 a.m.–9 p.m. Indoor & Outdoor Walking
 5:45 a.m.–6:15 a.m. 30-Minute Blast (GR)
 5:45 a.m.–6:45 a.m. CrossFit
 6:15 a.m.–6:30 a.m. 15-Minute Abs (GR)
 7 a.m.–8 a.m. Yoga: Basic (CP)
 7 a.m.–9:30 a.m. Pickleball
 8 a.m.–8:45 a.m. *JEM* Turning Point: Yoga (AT)
 8:05 a.m.–8:50 a.m. TRX Circuit (CaD)
 9 a.m.–9:45 a.m. Pilates: Basic Matwork (AT)
 9 a.m.–9:50 a.m. Tabata Bootcamp (CJ)
 9 a.m.–10 a.m. CrossFit
 10 a.m.–10:45 a.m. Fun Fitness (AT)
 10 a.m.–10:50 a.m. CardioFix/Pilates Plus (CJ)
 10 a.m.–11 a.m. Yoga: Fusion (JD)
 11 a.m.–11:30 a.m. Foam Roller (MS)
 11 a.m.–12 p.m. Family Fun Time
 12 p.m.–1 p.m. Basketball: Adult Drop-In
 12:05 p.m.–12:55 p.m. PiYo (CC)
 1 p.m.–2:45 p.m. Pickleball
 3 p.m.–4:30 p.m. Basketball: Teen Drop-In
 4:30 p.m.–5:30 p.m. CrossFit
 4:30 p.m.–5:30 p.m. STRIDE Running Club (KP)
 4:45 p.m.–5:35 p.m. PiYo (CC)
 5:30 p.m.–6:30 p.m. CrossFit
 5:30 p.m.–6:30 p.m. Yoga: Fusion (NH)
 5:30 p.m.–7:15 p.m. TOPS
 5:45 p.m.–6:15 p.m. Kids' Fitness Variety
 5:45 p.m.–6:30 p.m. Bootcamp (DL)
 5:45 p.m.–6:30 p.m. POUND (ED)
 5:45 p.m.–6:45 p.m. Triathlon Training - pool (TS)

6 p.m.–7 p.m. Special Olympics Walking Club
 6:30 p.m.–7:30 p.m. CrossFit
 6:35 p.m.–7:20 p.m. Barre None (DD)
 6:40 p.m.–7:40 p.m. Yoga: Basic (NH)



Tabata Bootcamp in ENERGIZE

Thursdays

5:30 a.m.–9 p.m. Indoor & Outdoor Walking
 5:45 a.m.–6:30 a.m. Group Cycling (MM)
 5:45 a.m.–6:35 a.m. PiYo (AP)
 5:45 a.m.–6:45 a.m. CrossFit
 6:45 a.m.–8 a.m. Basketball: All Ages Drop-In
 8 a.m.–9 a.m. Ping Pong
 8:05 a.m.–8:50 a.m. *Jem* Strength & Stability (KK)
 9 a.m.–9:55 a.m. Yoga: Basic (JD)
 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.–12 p.m. Pickleball
 10:35 a.m.–11:10 a.m. Live Long, Live Strong (KKo)
 10:35 a.m.–11:10 a.m. Z-Box (ED)
 11:15 a.m.–11:45 a.m. Circuit Training (MS)
 11:15 a.m.–12 p.m. Parkinson's Exercise Class (KKo)
 12 p.m.–1 p.m. Basketball: Open Shoot
 12:10 p.m.–12:28 p.m. 18-Minute Blast (MB)
 2 p.m.–3 p.m. Phase III Cardiac Rehab
 3 p.m.–5:30 p.m. Basketball: Teen Drop-In
 4:30 p.m.–5:20 p.m. Parkinson's Boxing Class (KS)
 4:30 p.m.–5:30 p.m. CrossFit
 4:45 p.m.–5:30 p.m. Group Cycling:
Spin & Sculpt (CD)
 5:30 p.m.–6:15 p.m. *Jem* Turning Point:
Fitness (AT)
 5:30 p.m.–6:30 p.m. CrossFit
 5:45 p.m.–6:15 p.m. Kids' Fitness Variety
 5:45 p.m.–6:30 p.m. Tabata Bootcamp (DD)
 6:15 p.m.–6:45 p.m. Tween 30-Minute Blast
 6:30 p.m.–7:30 p.m. CrossFit
 6:35 p.m.–7:20 p.m. Z-Box (TD)

6:40 p.m.–7:40 p.m. Yoga: Power (NH)
 6:45 p.m.–8:55 p.m. Basketball: Adult Drop-In



Yoga: Fusion in DIRECT

Fridays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–7 a.m.	Basketball: All Ages Drop-In
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–9:30 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	TRX Circuit (CJ)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:55 a.m.	Yoga: Basic (JD)
11 a.m.–11:45 a.m.	Barre None (DD)
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
12 p.m.–1:25 p.m.	Basketball: Adult Drop-In
1:30 p.m.–2:55 p.m.	Pickleball
3 p.m.–5:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata Bootcamp (DD)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In



Walkers on EXPLORE

Saturdays

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

Sundays

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



PONDER courtyard

Instructors

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

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



Personal Training in ENERGIZE

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 None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises for muscle strength, flexibility, balance and agility. Explore barre training without a bar.

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

Mon.	11 a.m. – 11:45 a.m. 4:45 p.m. – 5:30 p.m.
Wed.	6:35 p.m. – 7:20 p.m.
Fri.	11 a.m. – 11:45 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

Basketball: Adult Drop-In

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

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

Mon.	12 p.m. – 1 p.m.
Tues.	7:15 p.m. – 8:55 p.m.
Wed.	12 p.m. – 1 p.m.
Thurs.	6:45 p.m. – 8:55 p.m.
Fri.	12 p.m. – 1:25 p.m.
Sat.	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.	6:45 a.m. – 8 a.m.
Fri.	5:45 a.m. – 7 a.m. 6 p.m. – 8:55 p.m.*

*Runs 7:15-8:55 p.m. April 17-May 12 due to Country Line Dancing

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.



Bootcamp in ENERGIZE

JEM BRIDGE: Women-Only Workout

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

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

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

CardioFix/Pilates Plus (B, I, A)

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

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

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

Cardio Hip Hop (B, I)

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

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

Mon.	5:30 p.m. – 6:10 p.m.
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Circuit Training (B, I)

Make workouts more effective using a combination of cardio and weight machines.

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

Tues.	11:15 a.m. – 11:45 a.m.
Thurs.	11:15 a.m. – 11:45 a.m.

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.	10:40 a.m. – 11:10 a.m.
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Country Line Dancing (B, I) NEW

Instructor: Danielle Dolson

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

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

Apr. 12 – May 17 Fri. 6 p.m. – 7 p.m.

CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located within ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. *There is a \$50 enrollment fee with membership.*

MOVE/CrossFit (single): \$105/month
MOVE/CrossFit (couple): \$165/month
Drop-in: \$15/class

See page 36 for days and times.



CrossFit in SPARK

Foam Roller (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

Wed. 11 a.m. – 11:30 a.m.

Fun Fitness (B)

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

Cost: \$4/drop-in

MOVE Member: FREE

Mon. 10 a.m. – 10:45 a.m.

Wed. 10 a.m. – 10:45 a.m.

Fri. 10 a.m. – 10:45 a.m.

Group Cycling (B, I, A)

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

Cost: MOVE guest pass

MOVE Member: FREE*

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

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



Group Cycling: Spin & Sculpt in ENERGIZE

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

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

Cost: MOVE guest pass

MOVE Member: FREE*

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

Thurs. 4:45 p.m. – 5:30 p.m.

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

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

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

MOVE Member: FREE

Mon. 12 p.m. – 1 p.m.

Fri. 12 p.m. – 1 p.m.

Sat. 12 p.m. – 1 p.m.

Sun. 1 p.m. – 2 p.m.

Indoor & Outdoor Walking

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

Cost: FREE

Kettlebell Bootcamp (I, A)

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

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

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

Live Long, Live Strong (B, I)

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

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

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

Parkinson's Boxing Class

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

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

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



Kettlebell Bootcamp in ENERGIZE

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.

Phase III Cardiac Rehab

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

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

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

Pickleball

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. – 9:30 a.m. 1 p.m. – 2:45 p.m.
Tues.	10 a.m. – 12 p.m.*
Wed.	7 a.m. – 9:30 a.m. 1 p.m. – 2:45 p.m.
Thurs.	10 a.m. – 12 p.m.
Fri.	7 a.m. – 9:30 a.m. 1:30 p.m. – 2:55 p.m.
Sat.	1:15 p.m. – 3:15 p.m.

*Pickleball Basics runs 10:30 a.m.-12 p.m. Tues., May 7

Pickleball Basics



Instructor: Bill Jacoby

Learn the rules and fundamentals of the game while working on skill development with the instructor.

Cost:	\$5/class
MOVE Member:	\$3/class
Sun., May 5	1:30 p.m. – 3 p.m.
Tues., May 7	10:30 a.m. – 12 p.m.
Thurs., May 9	1 p.m. – 2:30 p.m.

Ping Pong

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

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

POUND (B, I)

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

Cost:	\$30/six-week session
MOVE Member:	FREE
Wed.	5:45 p.m. – 6:30 p.m.



Pickleball Basics in SOAR

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

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

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

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.

JEM Strength & Stability (B, I)

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

Cost:	\$30/six-week session
MOVE Member:	FREE
Thurs.	8:05 a.m. – 8:50 a.m.



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

STRIDE Running Club

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

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

Mon.	4:30 p.m. – 5:30 p.m.
Wed.	4:30 p.m. – 5:30 p.m.

Tabata Bootcamp (B, I, A)

High Intensity Interval Training (H.I.I.T.) consisting of timed intervals composed of exercising at maximum intensity in short bursts, followed by active rest. Delivers positive results, including improved aerobic and anaerobic endurance, muscular endurance and fat burning.

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

Mon.	9 a.m. – 9:50 a.m.
Tues.	5 p.m. – 5:45 p.m.
Wed.	9 a.m. – 9:50 a.m.
Thurs.	5:45 p.m. – 6:30 p.m.
Fri.	9 a.m. – 9:50 a.m. 4:45 p.m. – 5:30 p.m.



STRIDE Running Club

Triathlon Training (B, I)

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center. Orientation is Tuesday, Feb. 19, 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.
Wed. (pool)	5:45 p.m. – 6:45 p.m.

TRX Circuit (I, A)

NEW

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

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

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



Triathlon Training in ENERGIZE

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

Z-Box (B, I)

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

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

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



Z-Box in SOAR

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

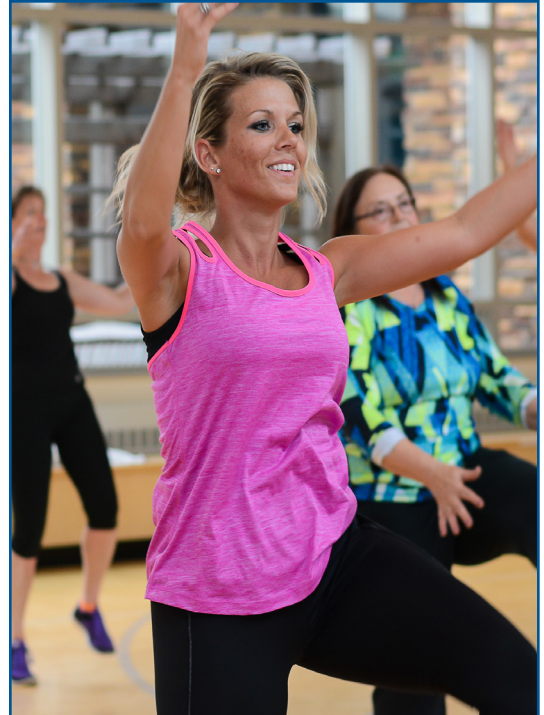
Sat. 9 a.m. – 9:55 a.m.

JEM Zumba Gold (B)

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

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

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



JEM Zumba Gold in SOAR

CrossFit Fade at ALIVE

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



Mon. – Thurs.	5:45 a.m. – 6:45 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.
Friday	5:45 a.m. – 6:45 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m.
Saturday	9 a.m. – 10 a.m. 10 a.m. – 11 a.m.*

**Gymnastics and Olympic weightlifting fundamentals*

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

BREATHE

Deep Stretch (B, I)

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

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

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

Pilates: Basic Matwork (B)

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

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

Mon.	9 a.m. – 9:45 a.m.
Wed.	9 a.m. – 9:45 a.m.

PiYo (I, A)

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

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

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

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

Tues. 9 a.m. – 10 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. 7 a.m. – 8 a.m.
6:40 p.m. – 7:40 p.m.

Tues. 9 a.m. – 9:55 a.m.

Wed. 7 a.m. – 8 a.m.
6:40 p.m. – 7:40 p.m.

Thurs. 9 a.m. – 9:55 a.m.

Fri. 10 a.m. – 10:55 a.m.

Sat. 10 a.m. – 10:55 a.m.



Yoga: Basic in ENERGIZE

Yoga: Fusion (I, A)

In a small-group setting, use sun salutations and breath-linked movement to transition from one pose to the next seamlessly. A physically challenging class that allows students to flow and focus on their breath while detoxing the body, mind and spirit.

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

Mon. 10 a.m. – 11 a.m.

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

Yoga: Power (I, A)

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

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

Thurs. 6:40 p.m. – 7:40 p.m.



Yoga: Fusion in DIRECT

EAT

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 16 people per class.*

- Mar. 28: Faux Pasta
- Apr. 11: Break the Fast
- Apr. 25: Spring Salads
- May 9: Friendly Desserts

Cost: FREE

Thursdays 12 p.m. – 1:30 p.m.



Be Well Cooking Demonstration 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 16 people per class.*

- Apr. 2: Celebrate Flavor
(Sodium-Free Seasonings)
- Apr. 16: Taste the Rainbow
- Apr. 30: Ancient Grains
- May 14: 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

Learn about optimal nutrition post-treatment. Classes focus on plant-based options full of color, foods for a healthy body weight and more. *Limited to 16 people per class.*

Cost: FREE

Thurs., March 7 6 p.m. – 7 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.

Clean Eating Lunch *Rx*

Instructor: Deb Dillon, MS, RDN

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

Mar. 22: Thai

Apr. 26: Mediterranean

May 31: Mexican

Cost: \$10 per class

Fri., Mar. 22 12:15 p.m. – 12:45 p.m.

Fri., Apr. 26 12:15 p.m. – 12:45 p.m.

Fri., May 31 12:15 p.m. – 12:45 p.m.

Easy Instant Pot Cooking *Rx*

Instructor: Ashley Riley, RDN

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

Cost: \$20 per class

Thurs., Mar. 21 6 p.m. – 7 p.m.

Thurs., May 23 6 p.m. – 7 p.m.

Rx – Ludwig vouchers accepted



Easy Instant Pot Cooking *Rx*

Moroccan Cooking

Instructor: Inna Phelps

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

Cost: \$25 per class

Wed., Mar. 13 6 p.m. – 7:30 p.m.

Wed., May 22 6 p.m. – 7:30 p.m.

Plant-Based Cookout *Rx*

Instructor: Karen Cross

Prepare for your own plant-based, summer cookout. Try vegan burgers topped with "bacon," special sauce, cajun carrot rainbow fries and deep dish cookie pie.

Cost: \$25

Wed., May 15 6:30 p.m. – 7:30 p.m.

Plant-Based Indian *Rx*

Instructor: Karen Cross

Experience a taste of India, vegan-style. Learn to create plant-based lentil and spinach parathas (Indian stuffed flatbread), mango chutney, lentil soup and laddoo (Indian dessert balls).

Cost: \$25

Wed., Mar. 20 6:30 p.m. – 7:30 p.m.

Plant-Based Mexican *Rx*

Instructor: Karen Cross

Taste Mexican fare that's completely plant-based. Watch as vegan nachos, queso, bean salad, salsa and churros are prepared.

Cost: \$25

Wed., Apr. 10 6:30 p.m. – 7:30 p.m.

Traditional Russian Cooking

Instructor: Inna Phelps

Feel like a native Russian during this unique experience preparing traditional Russian fare, including Easter dessert. Be entertained with stories from the chef, a Russian native.

Cost: \$25

Wed., Apr. 17 6 p.m. – 7:30 p.m.

WORKSHOPS

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

Cooking & Comedy

Instructors: Christina Campbell & Ellen Dreps

Join us for an evening of creation and laughter in this unique combo event. Get hands-on for dinner, creating two delicious custom sushi rolls, plus ginger salad and a surprise dessert. *Then head to Windwalker Underground Gallery for Charlotte Comedy Night at 8 p.m. Childcare is available (ages 3-12) as part of the Parents' Great Escape; see page 62.*

Cost: \$50 per couple

Sat., May 18 6:15 p.m. – 9:45 p.m.

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., May 3 6:30 p.m. – 7:30 p.m.

SUPPORT

Alzheimer's Support Group

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

Cost: FREE

Tues., Mar. 19 1:30 p.m. – 2:45 p.m.

Tues. Apr. 16 1:30 p.m. – 2:45 p.m.

Tues., May 21 1:30 p.m. – 2:45 p.m.

Autism Support Group



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

Cost: FREE

Thurs., Mar. 21 6:30 p.m. – 7:30 p.m.

Thurs., Apr. 18 6:30 p.m. – 7:30 p.m.

Thurs., May 16 6:30 p.m. – 7:30 p.m.

CanHope Support Group

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

Cost: FREE

Mon., Mar. 18 6:30 p.m. – 8 p.m.

Mon., Apr. 15 6:30 p.m. – 8 p.m.

Mon., May 20 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.

- Mar. 28: Diabetes & Nutrition – Making Healthier Choices
- Apr. 25: Monitoring Blood Sugar – How? Why? What is my target?
- May 23: Carb Counting – Learn the Basics for Blood Sugar Control

Cost: FREE

- | | |
|-----------------|--------------------|
| Thurs., Mar. 28 | 6:30 p.m. – 8 p.m. |
| Thurs., Apr. 25 | 6:30 p.m. – 8 p.m. |
| Thurs., May 23 | 6:30 p.m. – 8 p.m. |

Gift of Heart

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

Cost: FREE

- | | |
|----------------|-----------------|
| Thurs., Mar. 7 | 6 p.m. – 8 p.m. |
| Thurs., Apr. 4 | 6 p.m. – 8 p.m. |
| Thurs., May 2 | 6 p.m. – 8 p.m. |

Healing Hearts

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

Cost: FREE

- | | |
|-----------------|--------------------|
| Thurs., Mar. 14 | 6:30 p.m. – 8 p.m. |
| Thurs., Apr. 11 | 6:30 p.m. – 8 p.m. |
| Thurs., May 9 | 6:30 p.m. – 8 p.m. |

Special Olympics Walking Club

Leader: Heather Herber

Special Olympics athletes and families are invited to participate. Enjoy healthy activity, and see friends outside of regular Special Olympics sports practices. Both indoor and outdoor walking available (weather dependent). Indoor walking path is handicap accessible. *For information or to register, call (517) 983-1163.*

Cost: FREE

- | | |
|------|-----------------|
| Wed. | 6 p.m. – 7 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 & promotions or call (517) 388-0581.*

- | | |
|------|-----------------------|
| Wed. | 5:30 p.m. – 7:15 p.m. |
|------|-----------------------|

JEM Turning Point Program For Breast Cancer Survivors

Leader: Amanda Tollstam & Kim Freiburger

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

Cost: FREE

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

THINK

PRESENTATIONS

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

AARP Getting to Know Apps

Presenter: AARP

This is an interactive introductory class on how to use your smart phone or tablet. Bring your device and learn how to do more than make a call or read a book. Ask questions and get answers. Attend the appropriate session based on the type of device used.

Cost: FREE

Wed., Apr. 17

Apple Devices: 10 a.m. – 11 a.m.

Android Devices: 11:15 a.m. – 12:15 p.m.

Homeopathy

Presenter: Kristie Licht

Learn ways to use natural substances in a diluted form to trigger the body's natural healing response. Discuss the benefits of homeopathic approaches to ease discomfort or pain on a physical or emotional level.

Cost: FREE

Tues., Apr. 2 5:30 p.m. – 6:30 p.m.



AARP Getting to Know Apps

Interactive Stroke Event

HGB and Sparrow Hospital host an interactive, educational lunch and learn event in honor of National Stroke Awareness month featuring an expert speaker. Lunch included for those who pre-register by Mon., May 13; call (517) 541-5800, opt. 1.

Cost: FREE

Thurs., May 16 11:30 a.m. – 1:00 p.m.

Music History

Presenter: Clint Dickerson

Discover theories on how music began. Discuss the evolution of music over time to understand progression into what music has become today and how it has played a role in changing society over the years.

Cost: FREE

Tues., Mar. 26 5:30 p.m. – 6:30 p.m.

Music Relaxation & Appreciation

Presenter: Clint Dickerson

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

Cost: FREE

Mon., Mar. 18 6 p.m. – 7:30 p.m.

Powered by Plants

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

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

Cost: FREE

Mon., Mar. 11 6:30 p.m. – 8 p.m.
Tues., May 14 6:30 p.m. – 8 p.m.

Professional Speaker Series: Depression & Anxiety

Presenter: Julia Pierce, MS, OTRL, CBIS

Participate in an educational session and open dialogue about depression and anxiety, and how they can create a better, stronger version of yourself. Listen to a health-care provider and author who has experienced depression and anxiety first-hand and used her experiences to become a more hopeful person. For information, visit nocureneeded.com. *Light refreshments provided; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Tues., May 7 6 p.m. – 7 p.m.



Powered by Plants

Professional Speaker Series: Living A Distressed Life

Presenter: Laura Kay

Take a moment to breathe easy and invest in YOU. Learn about the many benefits of Mindfulness Based Stress Reduction (MBSR) including, but not limited to: decreased anxiety, improved sleep quality, decreased chronic pain, lower blood pressure and improved relationships with self, others and food. *Light refreshments provided; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Mon., Mar 25 6 p.m. – 7 p.m.

Values-Based Investing

Speaker: Nate Whitson

Discover what values-based investing is and ways you can invest while holding on to personal convictions and values. Join us for one or both offerings - one sharing a variety of choices you have and one geared toward women who may be faced with taking over or leading their family finances.

Mar. 12: Ten Options You May Not Know Exist

Mar. 19: *Jem* Ladies – Financial Preparedness Before Crisis

Cost: FREE

Tues. 6 p.m. – 7 p.m.



Values-Based Investing

WORKSHOPS

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

AARP Driver Safety Training

Instructor: AARP

The AARP Smart Driver Course led by AARP Driver Safety is designed for drivers age 50 and older. Cover driving laws, road signage, pavement markings, positioning within a vehicle and more. The goal is to help preserve independence as well as learn strategies for driving safely as you age. Leave with an AARP Driver Safety booklet and certificate of completion that may result in lower car insurance premiums (contact your insurance company for more details). *Course requires attendance at both dates. There is a café onsite for beverages and snacks.*

**Cost: \$15 (AARP Member)
\$20 (Non-AARP Member)**

Tues. Mar. 19 & Thurs., Mar 21 9 a.m. – 1 p.m.

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 than 80 area attractions and hot spots including ALIVE. For a complete list of activities visit: www.lansing.org/events/be-a-tourist.

Cost: \$1/passport

Sat., June 1 7 a.m. – 5 p.m.



AARP Driver Safety Training

JEM Bras & Besties

Facilitator: Michelle Taylor

Grab a girlfriend and join Michelle at Lilypepper Boutique for Bras & Besties. Enjoy an uplifting evening with women for a free bra fitting by Essential Bodywear. Learn what to look for in a good bra and what kind of support is best for you. Receive information on HGB's Breast Care Center, including how to do a self-breast exam. Attendees also receive a 10% discount on boutique purchases during the event. *Light refreshments provided; call (517) 541-5800, opt. 1 to register.*

Cost: Donation of gently used bra(s) supporting Project Uplift with "I Support the Girls"

Wed., May 8 6 p.m. – 8 p.m.

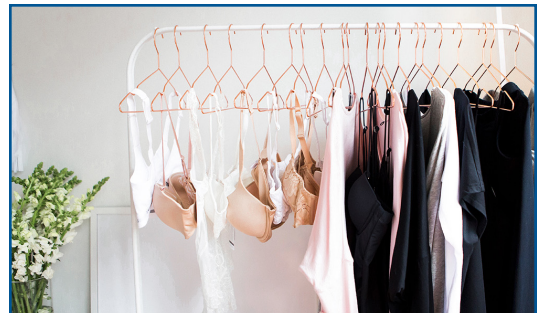
Community CPR

Instructor: Eaton Area EMS staff

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

Cost: \$40

Fri., May 17 2 p.m. – 5 p.m.



JEM Bras & Besties

Father's Day Family Health Event

Celebrate this annual event with us, enjoying a variety of activities and interactive fun including a FREE summer cookout, the Playmakers satellite store, door prizes, kids game area, StoryWalk®, health screenings, CrossFit Fade competition and more.

Cost: FREE

Sat., June 15 9 a.m. – 1 p.m.

Group Guitar: Beginner

Instructor: Clint Dickerson

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

Cost: \$40

Apr. 9-30 Tues. 5:45 p.m. – 6:45 p.m.

Group Guitar: Intermediate

Instructor: Clint Dickerson

A "step two" four-week lesson after having oriented with your guitar. This session helps you take the next step on guitar, learn rhythms, chord progressions, continue reading music, and how to play melodies. Bringing your own guitar is encouraged, but not mandatory (a limited amount of guitars will be made available during class time for participants). Ages 13 and up.

Cost: \$40

Apr. 9-30 Tues. 7 p.m. – 8 p.m.

Injury Clinics



Instructor: HGB health professionals

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

Cost: FREE

Tues. 5:30 p.m. – 7 p.m.

New Perspective: Stress-Free Living

Instructor: Laura Kay

This highly respected program, in the medical community for 35 years, was developed by Jon Kabat-Zinn. The fundamental benefit of Mindfulness Based Stress Reduction (MBSR) is improvement of overall health and well-being. Learn mindful eating, moving, listening, communication and more. *The program also includes a full-day session held Saturday, May 18 (9 a.m. to 3:30 p.m.). Limited to 15 participants.*

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

Apr. 12 - May 31 Fri. 6 p.m. – 8 p.m.

Open House: Spring

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

Cost: FREE

Mon., Feb. 18 5 p.m. – 7 p.m.
Tues., Feb. 19 10 a.m. – 12 p.m.

Open House: Summer

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

Cost: FREE

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

Playmakers' Satellite Store

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

Cost: FREE

Sat., June 15 9 a.m. – 1 p.m.

Self-Awareness & Self-Defense

Instructor: Sgt. Pat Daugherty
Michigan State Police

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

Cost: \$5 per class

Sat., Apr. 27 10 a.m. – 12 p.m.
Tues., Apr. 30 6:30 p.m. – 8:30 p.m.

Songwriting 101

Instructor: Clint Dickerson

Learn the basic elements of a song and its structure: how to begin creating one, where to find inspiration, the different styles of song writing, how to protect the finished product through copyrights, where they can be used and how to make a living. Write a song as a group in an interactive component of the class. Pen and paper encouraged. Ages 13 and up.

Cost: \$20

Sat., May 4 10 a.m. – 12 p.m.

Straw Bale Gardening

Instructor: Deb Dillon, MS, RDN

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

Cost: FREE

Sat., June 1 10 a.m. – 11 a.m.

Strengthen, Stretch, Roll

Instructor: Playmakers

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

Cost: FREE

Sat., June 15 10:30 a.m. – 11 a.m.



Strengthen, Stretch, Roll

String Art Make & Take

Instructor: Sarah Winegar

Come and craft some original string art. These simple yet charming pieces of art can be used to decorate your home or to give as gifts. All materials provided. Ages 13 and up.

Cost: \$15

Fri., May 17

6 p.m. – 7 p.m.

Yoga For Digestive Health

Instructor: Chelsea Prentice

Learn the physical, emotional, mental and spiritual healing benefits of yoga for digestive aid. Immerse in a discussion about "gut health" and the corresponding chakras, practice relieving breathing and meditative exercises, take part in a short, all-levels physical practice focused on the areas of the body affected by ailments of the digestive system. Open to all levels. For those with digestive health issues and their caregivers.

Cost: \$25

Sat., May 4

1 p.m. – 2:30 p.m.



Yoga for Digestive Health



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

COST:

- \$5 per child per visit
- \$4 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$17 per month
- Each additional child - \$11 per month

Current hours listed on page 2.

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



**Children ages 3 months to 24 months require reservations.*

GROW

Easter Egg Extravaganza

Come experience the magic of Easter. This exciting event includes hunting for eggs, a photo-op and a visit with the Easter Bunny, StoryWalk®, interactive games and prizes, and holiday-themed refreshments. The ultimate find are special golden eggs that earn unique, age-appropriate prizes. This event is appropriate for ages toddler through 12 years of age, and will be divided up into age groups of 3 years and under, 4-7 years and 8-12 years.

Cost: \$25/family

Sat., Apr. 20 10 a.m. – 11:30 a.m.

Family Fun Time

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

Cost: FREE

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

GROW's Got Talent

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

Admission: \$2/person

Sat., Mar. 16 6 p.m. – 8 p.m.

Kids' Fitness Variety

Instructor: GROW Staff

Children ages 3-7 explore a variety of age-appropriate fitness ranging from body weight based, calisthenics, yoga, dance, active games and more. They will get familiar with various pieces of equipment, practice flexibility and coordination, and learn first-hand that strength comes from within. Develop a foundation for a life of well-being. *An outline of workouts for the month will be posted in GROW.*

Cost: GROW drop-in rates
GROW Member: FREE

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

Mary Poppins Mother-Daughter Tea

Presenter: Mary Poppins

Join us for this unique event with special host Mary Poppins sharing an inspirational "today or never" message, empowering girls and women alike. Grandmothers, mothers and mother figures are invited to bring the special little lady (or ladies) in their life for this magical experience. Participate in a prop-filled photo-op, make & take kite craft while enjoying tea and themed finger foods following the brief presentation. Leave with a special memento. Children ages 5 and up. *Limited space available.*

Cost: \$30/mother-child pair
(\$10 per additional child or adult)

Sat., May 4 2 p.m. – 4 p.m.

Pajamas, Bedtime & Yoga

Instructor: Emily VanDorpe

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

**Cost: \$35/parent-child pair
(\$5/second child)**

Wed., May 1 6:30 p.m. – 7:30 p.m.

Parents' Great Escape: GLOW Party

Parents, drop the kids off for some glowing, neon fun while you take the night to shop, relax or attend our Cooking & Comedy night (see page 44 for more details). Ages 3-12 (young children must be fully potty-trained). Supervised themed activities include: craft, singing songs, group games, group stories and more. Pizza dinner provided. *Pre-registration is required by the Wednesday prior to the event.*

**Cost: \$18 first child
\$12 per add'l child (same household)**

**GROW Member: \$16.50 first child
\$11 per add'l child (same household)**

Sat., May 18 6 p.m. – 10 p.m.



Pajamas, Bedtime & Yoga

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**

March 2-16

Sat. 10:30 a.m. – 11:30 a.m.

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try the rock climbing safari on ASCEND. Receive a sticker for the highest level attained. **See page 31 for open rock climbing schedule.** Ages 5-12; minimum weight requirement is 45 lbs. *A parent or guardian must sign in and be present during the session.*

Spring Break Activities

GROW will host some fun-filled activities during open hours (weekdays 8 a.m.-12 p.m., and 4:15 p.m.-8 p.m.) for those sticking close to home during Spring Break. *Look for a detailed schedule of activities, times and pricing in mid-March.*

**Cost: TBA
GROW Member: TBA**



Parents' Great Escape: GLOW PARTY

Notes

HGB Service Directory

HGB – Main	543-1050
Ambulance Services	911 or 541-5912
Anticoagulation Clinic	541-5861
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 52469
Diabetes Program	543-1050, ext. 52390
Emergency Department	911 or 543-9508
Endoscopy Station	541-5833
Food and Nutrition	541-5909
HGB Heart Station	541-5840
Human Resources	543-9502
Infusion	541-5955
Laboratory	543-9505
Medical Records	543-1050, ext. 52307
Medical and Surgical Unit	543-1050, ext. 52605
Patient Financial Services	543-1050, ext. 52740
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 52415
Urgent Care	541-5935

For more information about HGB services, visit www.hgbhealth.com.



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