



# AUGUST 2020 PROGRAM GUIDE



August 1–31, 2020  
[www.myalive.com](http://www.myalive.com)



## Hours of Operation

### ALIVE

*Screening required for all entrants. Includes use of restrooms, clinical services, NOURISH carry-out/dine-in and FUSE. EMPOWER patients are welcome to utilize the main entry. Masks must be worn in the building at all times.*

Monday – Friday            8:30 a.m. to 5:30 p.m.

### NOURISH by The Big Salad

*Screening required for all entrants. Includes dine-in and carry-out. Curbside pick-up is also available. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.*

Monday – Friday            10 a.m. to 3 p.m.

We continue creating, bringing things back to life and feeling alive as we develop programming! We've worked hard preparing this monthly line-up of offerings emphasizing the safety and well-being of our guests and caregivers. If you are not yet comfortable returning for in-person offerings we invite you to visit our YouTube page. Further, if you have suggestions for additional programs you'd like to see, please let us know via [myalive.com/contact](https://myalive.com/contact) or our Facebook page.

## Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 6
General Information	541-5800, opt. 6
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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<b>Susan Allen</b>	541-5812
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Manager of Development & Experience  
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## Registration

Pre-registration is required for all programming. Register early to ensure a spot – classes fill quickly. Pricing is listed in class descriptions.

Three convenient registration methods:

- Log in to [myalive.clubautomation.com](https://myalive.clubautomation.com).
- Using the MyAlive mobile app.
- Call (517) 541-5800, opt. 6, unless a different phone number is listed.

## Safety & Sanitation Guidelines

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

- All building entrants must be screened (includes temperature check). Please allow for possible wait times.
- Masks must be worn at all times when in the building.
- 15 minute blocks of time have been set between most programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors, including wipes and hand sanitizer pumps.
- Capacity limitations have been established for all programs to allow for adequate social distancing and safety.
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

- If you have experienced any of the following symptoms within the 24 hours prior to a program, please refrain from attending:
  - Temperature of 100.0 degrees or higher
  - Cough
  - Shortness of breath or chest tightness
  - Sore throat
  - Nasal congestion/runny nose
  - Myalgia (body aches)
  - Loss of taste and/or smell
  - Diarrhea
  - Nausea
  - Vomiting
  - Fever/Chills/Sweats
  - Rash

## 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, Instagram  
& YouTube for the latest  
updates on programs and events.



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The Big Salad, curbside (dine-in, carry-out also available)

## Special Events

July 30 Fresh Garden Virtual Cooking Club Begins Pg. 20

## AUGUST: FOCUS

Aug. 1 StoryWalk - New Story Begins Pg. 23  
 Aug. 3 ALIVE Mini Camp: Olympics Begins Pg. 22  
 Aug. 5 Powerful Tools for Caregivers Begins Pg. 21  
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 Aug. 25 *Jem* Book Club Pg. 22  
 Aug. 28 Date Night: Sushi Pg. 19



Group Exercise, outdoors

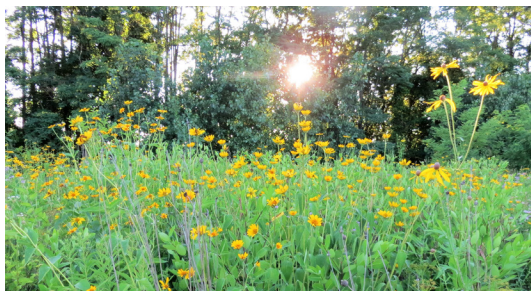
## Weekly Schedule

### Mondays

Dawn–Dusk	Outdoor Walking
8 a.m.–8:45 a.m.	Kettlebell Circuit
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10 a.m.	Tabata
10:30 a.m.–12:30 p.m.	Pickleball
5:30 p.m.–6:15 p.m.	Bootcamp
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:40 p.m.	Yoga: Basic

### Tuesdays

Dawn–Dusk	Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10:10 a.m.	Yoga: Basic
12:10 p.m.–12:40 p.m.	30-Minute HIIT
5:30 p.m.–6:15 p.m.	Group Cycling: Spin & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:30 p.m.	Barre None



**PRESERVE**

### Wednesdays

Dawn–Dusk	Outdoor Walking
8 a.m.–8:45 a.m.	Kettlebell Circuit
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–9:45 a.m.	Deep Stretch
10:30 a.m.–12:30 p.m.	Pickleball
5:30 p.m.–6:20 p.m.	PiYo
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6 p.m.–7 p.m.	TOPS
6:45 p.m.–7:30 p.m.	Tabata

### Thursdays

Dawn–Dusk	Outdoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10:10 a.m.	Zumba
12:10 p.m.–12:40 p.m.	30-Minute HIIT
5:30 p.m.–6 p.m.	30-Minute HIIT
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:30 p.m.	Bootcamp

### Fridays

Dawn–Dusk	Outdoor Walking
8 a.m.–8:55 a.m.	Yoga: Basic
9 a.m.–10 a.m.	CrossFit
9:15 a.m.–10 a.m.	Step & Sculpt
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit



## Saturdays\*

Dawn–Dusk Outdoor Walking

9 a.m.–10 a.m. CrossFit

*\*Note: ALIVE is not open on Saturdays. Programs listed occur outside with no building access.*

**Register online at**  
**[www.myalive.com](http://www.myalive.com)**  
**or by using the ALIVE**  
**mobile app.**

*(Search "myalive" with iPhone  
search "my alive" with Android.)*

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



EXPLORE at dusk

## Program Recommendations:

- Register in advance.
- Arrive 5-15 minutes prior to the promoted start-time.
- Bring your own towel/mat and water for DO/BREATHE programs.
- Use the restroom prior to attending or be screened during building hours to utilize the restroom at the main entry of ALIVE. (ALIVE will not be open outside of building hours listed on page 2).
- Maintain social distancing of a minimum of 6' from others attending.
- Utilize our main parking lot.
- Limit attendance to only individuals participating in class. Ages 9-12 may attend with a parent/guardian.

## What to expect:

- Sign up & pay using the MyAlive app by selecting the program you wish to attend.
- DO/BREATHE program registration will open on the Friday prior to the following week at 12pm.
- DO/BREATHE programs will take place outside of the main entrance of ALIVE (under the awning) and on the cement pad outside of GATHER. THINK/GROW programs will be held outdoors (weather permitting) and shifted indoors as needed.
- DO/BREATHE programs may be cancelled due to inclement weather (cancellations posted on myalive.com and the ALIVE Facebook page).
- Due to the outdoor nature of DO/BREATHE programs, masks will not be required. When THINK/GROW programs are conducted outdoors, masks will not be required.

## DO

### Skill Levels:

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

## 30-Minute HIIT (I, A)

Only a half-hour to workout? No problem. This class has advanced, High Intensity Interval Training and Bootcamp-style workouts that provide a quick, intense and energizing workout.

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	12:10 p.m.-12:40 p.m.
Thurs.	12:10 p.m.-12:40 p.m. 5:30 p.m.-6 p.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: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	6:45 p.m. – 7:30 p.m.
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## Bootcamp (I, A)

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

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon.	5:30 p.m. – 6:15 p.m.
Thurs.	6:45 p.m. – 7:30 p.m.

## CrossFit (I, A)

MOVE Members, give CrossFit a try!

CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. Register at 517-231-6971.

**Cost: \$9/class or \$50/month**

Mon. – Fri.	9 a.m. – 10 a.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.
Sat.	9 a.m. – 10 a.m.

## Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels. **This class requires pre-registration; limited capacity of 15.**

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

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



CrossFit outdoor

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

Group cycling with intervals of weight, resistance and body-weight training exercises to complement cardio endurance. ***This class requires pre-registration; limited capacity of 15.***

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Tues.	8 a.m. – 8:45 a.m. 5:30 p.m. – 6:15 p.m.
Thurs.	8 a.m. – 8:45 a.m.

## Kettlebell Circuit (I, A)

Join this fun yet challenging workout that demonstrates the effectiveness and agility of circuit-based workouts with the kettlebell. Take your strength, endurance and flexibility to the next level.

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon.	8 a.m. – 8:45 a.m.
Wed	8 a.m. – 8:45 a.m.

## Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE. Always open dawn until dusk. Includes 1/5-mile outdoor walking path and newly expanded trail in PRESERVE.

**Cost: FREE**

## Pickleball (B)

Challenge a friend to this fun game that appeals to all ages. Access to the marked area under the main entry awning. Rules and instructions available. Ages 6 and up.

**Cost: \$3 drop-in**

Mon.	10:30 a.m. – 12:30 p.m.
Wed.	10:30 a.m. – 12:30 p.m.

## Step & Sculpt (B, I, A)

Improve cardiovascular endurance by engaging in full-body sculpting through this interval-based step workout.

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Fri.	9:15 a.m. – 10 a.m.
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Step & Sculpt outdoors



## Tabata (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: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon. 9:30 a.m. – 10:15 a.m.

Wed. 6:45 p.m. – 7:30 p.m.

## Unlimited Group Ex

Gain unlimited access to all of our outdoor offerings listed as "Unlimited Group Ex" under the weekly cost (excludes CrossFit). The only programs requiring pre-class registration with the "Unlimited Group Ex" are: Group Cycling and Group Cycling: Spin & Sculpt which have limited equipment available (note your registration in those offerings will not charge the per-class rate).

**Cost: \$9/week**

Monday-Friday, August 3-7

Monday-Friday, August 10-14

Monday-Friday, August 17-21

Monday-Friday, August 24-28

## Youth Sports Performance Training

**Instructor: Eric McGill**

Learn the domains of fitness including: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy – all essential for excelling in sports. This program will be week-to-week. Every week, work on fundamentals of body weight training, weightlifting, and cardiovascular conditioning. Ages 12-18 years old. **Register at 517-231-6971.**

**Cost: \$9/class or \$20/week**

**August 3-13**

Mon., Wed., Thurs. 10 a.m. – 11 a.m.

## Zumba (B, I)

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

**Cost: \$5/class**

**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Thurs. 9:15 a.m.–10:10 a.m.



Youth Sports Performance Training

## 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: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Wed. 9:15 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: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Wed. 5:30 p.m. – 6:20 p.m.

### Yoga: Basic (B)

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

**Cost: \$5/class**  
**\$9/week** (purchase Unlimited Group Ex, see page 16 for details)

Mon. 6:45 p.m. – 7:40 p.m.

Tues. 9:15 a.m. – 10:10 a.m.

Fri. 8 a.m. – 8:55 a.m.

## SUPPORT

### TOPS: Take Off Pounds Sensibly

**Leader: Rebecca Malerba**

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Meetings are currently held outdoors at ALIVE under the Floyd M. Jewell Memorial. Visit [www.tops.org](http://www.tops.org) for information on pricing & promotions or call (517) 410-0482.

Wed. 6 p.m. – 7 p.m.



TOPS outdoor meeting

## EAT

### WORKSHOPS

*Perform tasks you never thought possible in these hands-on, educational workshops.*

#### Date Night: Sushi

**Instructor: Christina Campbell & Kori Johns**

Grab a date and create two delicious custom sushi rolls in this hands-on, educational workshop. Features a ginger salad, handmade rolls with all the fixings and a surprise dessert. This program will be offered outdoors to allow for safe, social distancing. Sanitation stations will be available to use throughout the evening. When registering, please register under the name of the primary contact (both names are not needed as pricing is per couple).

**Cost: \$25 per couple**

Fri., Aug. 28      6:30 p.m. – 8 p.m.

#### Fresh Garden Virtual Cooking Club

**Instructor: MSU Extension**

Each week, participants have the opportunity to join a professional chef as they demonstrate how to make healthy meals using garden-fresh ingredients. Videos & recipes uploaded to Google Classroom each week! Register at: <https://bit.ly/2WxOXCp>.

**Cost: FREE**

Thursdays      July 30-Aug. 27      6 p.m. – 7 p.m.

## THINK

### PRESENTATIONS

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

#### Chronic Pain PATH

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

A free, virtual, 6-week interactive workshop to learn how to manage your pain. Topics range from breathing techniques to communication to nutrition. A pre-workshop Zoom orientation will be held the week prior. Register by calling 517.887.1465.

**Cost: FREE**

Tuesdays      Aug. 11-Sept. 15      10 a.m.–12 p.m.

#### Powerful Tools for Caregivers

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

This virtual, 6-week program will help provide tips and education for caring for dependent, whether a family member or a friend. NOTE: This course is not for professional caregivers. A pre-workshop Zoom orientation will be held the week prior. Register by calling 517.887.1465.

**Cost: FREE**

Wednesdays      Aug. 5-Sept. 9      1 p.m.–2:30p.m.



Date Night: Sushi

## WORKSHOPS

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

### J&M Book Club

**Facilitator: Jennifer Davis**

Enjoy spending time with other ladies dialoguing on Glennon Doyle's *Untamed*. "A book that explores the joy and peace we discover when we stop striving to meet others' expectations." Take part in this empowering time in PONDER to gather, discuss, and relax during this 2-part book club. **Participants must purchase their own copy of *Untamed*. Light refreshments provided.**

**Cost: FREE**

Tues., Aug. 18	7 p.m. – 8 p.m.
Tues., Aug. 25	7 p.m. – 8 p.m.

### Wreath Making

**Instructor: Kori Johns**

Learn how to make a fabulous new home décor piece (or gift to give) using ribbons and calligraphy signs. Ribbon colors include: green, white, blue, yellow, orange, black, and neutral options. Personalized mini signs can be made upon request at no additional charge (i.e. sports teams, last names, initials, etc.). Please email your personalization/design to [kori.johns@sparrow.org](mailto:kori.johns@sparrow.org).

**Cost: \$20 per class**

Thurs., Aug. 20	6:30 p.m. – 8 p.m.
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Wreath Making

## GROW

### ALIVE Mini Camp: Arts & Crafts

**Instructor: Amy Wilkes**

Nurture your child's sense of creativity and craftsmanship with activities that foster expression and imagination. Camp includes: sponge painting, salt painting, seashell crafts, creation of salt dough 'snakes, bracelet-making, handmade sun-catchers and more. Ages 3-7 years old (must be potty-trained).

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

Mon-Thurs., Aug. 10-13	1 p.m. – 3 p.m.
	4:30 p.m. – 6:30 p.m.

### ALIVE Mini Camp: Olympics

**Instructor: Amy Wilkes**

Let your child engage with others in Olympic-themed activities that tap their energy stores and support friendly competition. Camp includes: obstacle courses and races, a hula hoop contest, pool noodle throw, water bucket relays, water balloon toss, balloon tennis, basketball and much more. Ages 3-7 years old (must be potty-trained).

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

Mon-Thurs., Aug. 3-6	1 p.m. – 3 p.m.
	4:30 p.m. – 6:30 p.m.

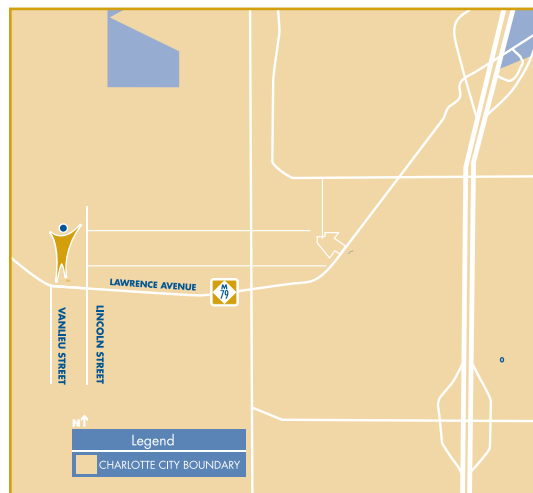




## Sparrow Eaton Hospital (SEH) Service Directory

SEH – 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
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 SEH services,  
visit [sparroweatonhospital.org](http://sparroweatonhospital.org).



800 W. Lawrence Ave.  
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