



# FALL 2021 PROGRAM GUIDE



September 5 - December 4, 2021  
[www.myalive.com](http://www.myalive.com)



## Hours of Operation

### ALIVE and MOVE

All guests are encouraged to use the main entry. Masks must be worn in the building at all times, unless otherwise specified.

Monday – Friday	5:30 a.m. – 9 p.m.
Saturday	7 a.m. – 3 p.m.
Sunday	9 a.m. – 3 p.m.

### GROW

GROW is available for children ages 3 months to 12 years of age (ages 3 months to 2 years require reservations). Children are able to stay up to two-hours per visit. Please call 517.541.5803 to make a reservation for a child under the age of 2.

Monday – Friday	8 a.m. – 12 p.m. 4:15 p.m. – 8 p.m.
Saturday*	8 a.m. – 12 p.m.

\*Saturday hours begin September 18

### NOURISH by The Big Salad

Open for dine-in and carry-out. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.

Monday – Thursday	10 a.m. – 7 p.m.
Friday	10 a.m. – 3 p.m.

### Holidays

ALIVE will be closed in observance of Labor Day (Monday, September 6), Thanksgiving (Thursday, November 25) and Christmas (Saturday, December 25).

ALIVE will be open limited hours from 6:30 a.m. to 3 p.m. Black Friday (Friday, November 26), Christmas Eve (Friday, December 24) and New Year's Eve (Friday, December 31).

## Directory

ALIVE – Main	541.5800
ALIVE – Fax	541.5810
Class Registration	541.5800, opt. 7
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
COVID Testing Info	517.541.5817

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GROW Manager  
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## ALIVE Policies

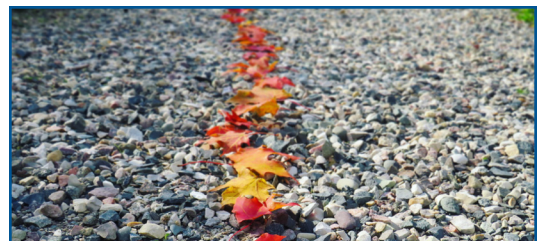
The following policies are to help everyone enjoy a safe and exceptional experience at ALIVE:

- 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.
- Please return all recreation items to their original location after use. Basketballs and other recreational equipment are available for check-out in MOVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

## Safety & Sanitation Guidelines

The following guidelines are in place to help everyone enjoy a safe, exceptional experience at ALIVE:

- If you have experienced any of the following symptoms within the 24 hours prior to a program (or been in contact with someone positive for COVID-19) 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.*
- Masks must be worn at all times when in the building, as well as outside when not social distancing. The only exceptions are in MOVE, SPARK, SOAR, ENERGIZE, GROW or while eating at NOURISH by The Big Salad.
- Social distancing of at least 6' should be maintained from others from outside of your household.
- Sanitation stations will be available at all programs.
- Time has been set between most programs to allow for transition time and cleaning.



EXPLORE outdoors

## Registration

Pre-registration and payment are 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](http://myalive.clubautomation.com)
- Using the MyAlive mobile app
- Call (517) 541-5800, opt. 7, unless a different phone number is listed

## 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 of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 50% off studio fee at Your Creative Escape

## 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.

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Find us on social media for the latest updates on programs and events.



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



Search "myalive" with iPhone or search "my alive" with Android. Call 517.541.5800, opt. 7, to register or to create an account.

## Special Events

### SEPTEMBER: INSPIRE

- Sept. 9 Fall StoryWalk Begins Pg. 39
- Sept. 10 PACKET PICK-UP for  
live. life. Nspired Pg. 24
- Sept. 11 live. life. Nspired Pg. 24
- Sept. 18 Coffee & Canvas: Fall Fun Pg. 34
- Sept. 19 Plant Exchange Pg. 37
- Sept. 23 Diabetes Support Group Pg. 32
- Sept. 25 All Things Apples Pg. 38
- Sept. 30 Community Blood Drive Pg. 34



EXPLORE leading to Foote Street

### OCTOBER: BALANCE

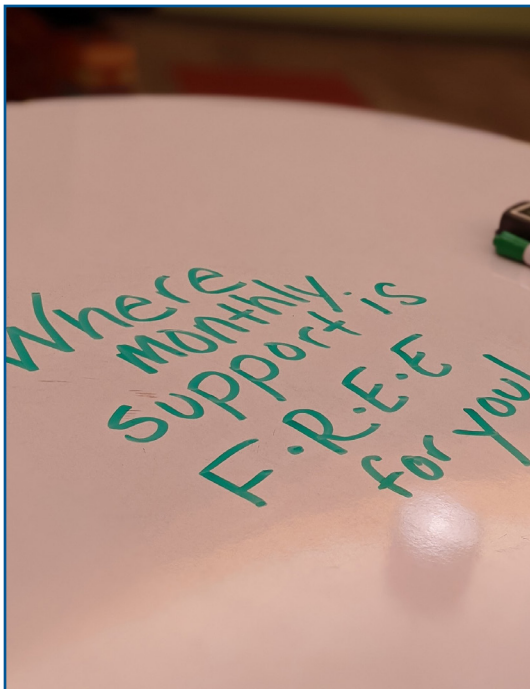
- Oct. 4 Gift of Heart Pg. 32
- Oct. 5 Broadway Cardio Begins Pg. 20
- Oct. 12 Professional Speaker Series: Balance &  
Vestibular Pg. 33
- Oct. 16 Cheese Making: Mozzarella Pg. 30
- Oct. 23 Community CPR Pg. 35
- Oct. 28 Diabetes Support Group Pg. 32  
Fall Favorites: Soup & Salad Pg.30



RELISH demonstration

## NOVEMBER: EMBRACE

- Nov. 1 Gift of Heart Pg. 32  
 Nov. 6 Be Our Guest Pg. 33  
 Nov. 11 Sushi Roll & Go Pg. 31  
 Nov. 12 Couples Massage Pg. 35  
 Nov. 18 Diabetes Support Group Pg. 32  
 Nov. 20 All Things Turkey & Thanksgiving Pg. 38
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- Dec. 4 Mrs. Claus' Workshop Pg. 36  
 Dec. 6 Gift of Heart Pg. 32  
 Dec. 16 Diabetes Support Group Pg. 32  
 Dec. 17 Community Blood Drive Pg. 34



GATHER support group meeting space

## Weekly Schedule

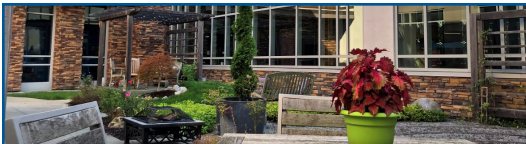
### Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit (CD)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Yoga Fusion (JD)
10 a.m.–10:30 a.m.	Deep Stretch (AT)*
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–11:45 a.m.	Barre None (DG)*
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:35 p.m.	Cardio Dance (DG)*
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–6:45 p.m.	Bootcamp (JA)
6:30 p.m.–7:20 p.m.	TurboKick (CC)
6:30 p.m.–7:30 p.m.	CrossFit

\* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership

## Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MMc)
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:45 a.m.	Buns & Guns (DG)
9 a.m.–9:50 a.m.	Yoga: Basic (JD)*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba (DG)*
11:15 a.m.–11:45 a.m.	Circuit Training (MS)
12 p.m.–2 p.m.	Pickleball
12:10 p.m.–12:40 p.m.	30-Minute Blast (MS)
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–6 p.m.	Pickleball
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (CD)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7 p.m.	Injury Clinic
5:45 p.m.–6:30 p.m.	Barre None (DG)*
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:35 p.m.	Yoga: Basic (JD)*



PONDER courtyard

## Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit (CD)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–11:45 a.m.	Boxing for Health (MM)
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Cardio Dance (MO)*
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Yoga: Fusion (JD)
5:30 p.m.–7:15 p.m.	TOPS
5:45 p.m.–6:30 p.m.	Step & Sculpt (DG)
6 p.m.–6:45 p.m.	Bootcamp (JA)
6:30 p.m.–7:30 p.m.	CrossFit

\* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership

## Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling (MMc)
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (HJ)
9 a.m.–9:50 a.m.	Yoga: Basic (JD)*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba (DG)*
11:15 a.m.–11:45 a.m.	Circuit Training (MS)
12 p.m.–2 p.m.	Pickleball
12:10 p.m.–12:40 p.m.	30-Minute Blast (MS)
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–6 p.m.	Pickleball
4:45 p.m.–5:30 p.m.	Tabata (DG)*
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None (DG)*
6:30 p.m.–7:20 p.m.	TurboKick (AP)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:35 p.m.	Yoga: Basic (JD)*



Group exercise in ENERGIZE

## Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Pilates (AT)*
9 a.m.–9:45 a.m.	Tabata (CJ)*
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Yoga: Fusion (JD)
10 a.m.–10:45 a.m.	Foam Roller (CJ)*
11 a.m.–11:45 a.m.	Barre None (DG)*
12 p.m.–1:30 p.m.	Basketball: Drop-In
1:30 p.m.–3 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit

*\* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership*



ASCEND



## Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8 a.m.–8:50 a.m.	PiYo (AP)*
9 a.m.–9:30 a.m.	30-Minute Blast (MM)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Yoga: Basic (NH)*
11:10 a.m.–11:55 a.m.	Barre None (DG)*
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing

## Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp (DL)
10:30 a.m.–11:15 a.m.	Step & Sculpt (DG)
1 p.m.–1:45 p.m.	Lifting Ladies (MO)

\* = class will be both in-person in ENERGIZE as well as live-streamed through virtual membership



Indoor walkers on EXPLORE

## Instructors

AP = Alicia P.	JA = Jasmine A.
AT = Amanda T.	JD = Jennifer D.
CJ = Cheryl J.	MM = Maria M.
CC = Christina C.	MMc = Morene M.
CD = Chrissy D.	MO = Mindy O.
DG = Danielle G.	MS = Miranda S.
DL = Darius L.	NH = Nick H.
HJ = Hailey J.	

**NOTE:** Children ages 9-12 years old are eligible for the Little Lifters program developed for those who are too young to be MOVE members but who feel too old to be in GROW.

Once orientation is complete, the Little Lifter is permitted to exercise in MOVE or participate in group exercise classes under parental supervision.



Little Lifters program orientation

## DO

### Skill Levels:

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

## 30-Minute Blast (I, A)

Only a half-hour to workout? No problem. Cardio and strength exercises are combined to work a lot of muscles and raise your heart rate in a short amount of time in this energizing workout.

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

Tues.	12:10 p.m. – 12:40 p.m.
Thurs.	12:10 p.m. – 12:40 p.m.
Sat.	9 a.m. – 9:30 a.m.

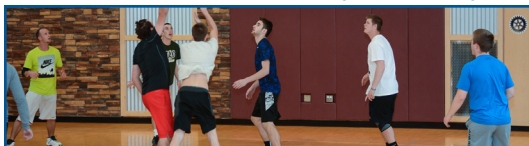
## Basketball: Drop-In



Access to full basketball court to organize a pick-up game. Ages 13+.

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

Mon.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Tues.	3 p.m. – 4:30 p.m.
Wed.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 p.m.
Fri.	12 p.m. – 1:30 p.m. 3 p.m. – 4:30 p.m.



Basketball in SOAR

## Basketball: Open Shoot

Court is divided up for shooting only, and individual skill development. No pick-up games. Ages 6 and up.

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

Sat.	12 p.m. – 1 p.m.
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## 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.
Tues.	5:45 p.m. – 6:30 p.m.
Thurs.	5:45 p.m. – 6:30 p.m.
Fri.	11 a.m. – 11:45 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

## Bootcamp (I, A)



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

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

Mon.	6 p.m. – 6:45 p.m.
Wed.	6 p.m. – 6:45 p.m.
Sun.	9:30 a.m. – 10:15 a.m.



Bootcamp

## Boxing for Health (B, I)

NEW TIME

Utilize specific boxing techniques and exercises designed to combat symptoms for individuals battling Parkinson's and other neurological conditions. New participants will receive an initial orientation prior to beginning the class. Call MOVE at 517.543.9575 to schedule your orientation.

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

**MOVE Member:** \$18/six-week session

Wed. 11 a.m. – 11:45 a.m.

## Broadway Cardio (B, I)

NEW

**Instructor:** Amanda Tollstam

This high energy class features Broadway-themed music and dance that will give you a full body workout while experiencing the excitement that comes with Broadway show tunes.

**Cost:** \$35/four-week session

**MOVE Member:** \$20/four-week session

**October 5-26**

Tues. 6:30 p.m. – 7:15 p.m.

## Buns & Guns (B, I)

NEW

Focus on strengthening and toning your arms, glutes and core in this sculpting-oriented class.

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

**MOVE Member:** FREE

Tues. 9 a.m. – 9:45 a.m.



Buns & Guns

## Cardio Dance (B, I)

NEW TIME

Dance to music with a Latin flare and today's hits in this high-energy fitness class.

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

**MOVE Member:** FREE

Mon. 4:45 p.m. – 5:30 p.m.

Wed. 4:45 p.m. – 5:30 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.

## CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored for all fitness levels.

**CrossFit upgrade (single):** \$59/month

**CrossFit upgrade (couple):** \$99/month

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

Mon. – Fri. 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.\*

Sat. 9 a.m. – 10 a.m.

\*No 6:30 p.m. class on Fridays.

## 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. 10 a.m. – 10:45 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:** \$30/six-week session

**MOVE Member: FREE**

Mon. 9 a.m. – 9:45 a.m.

Wed. 9 a.m. – 9:45 a.m.

## Group Cycling (B, I, A)

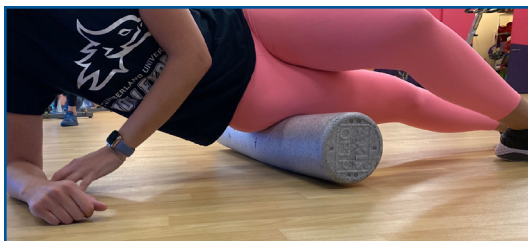
The instructor takes you on a ride through various intensities. A great way to improve fitness levels. *This class requires pre-registration; limited capacity of 14.*

**Cost:** \$5/class

**MOVE Member: FREE**

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.



Foam Roller

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

Group cycling with intervals of weight, resistance and body-weight exercises to complement cardio endurance. *This class requires pre-registration; limited capacity of 14.*

**Cost:** \$5/class

**MOVE Member: FREE**

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

Thurs. 8 a.m. – 8:45 a.m.

## Indoor Walking

Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path.

**Cost: FREE**

Mon. – Fri. 5:30 a.m. – 9 p.m.

Sat. 7 a.m. – 3 p.m.

Sun. 9 a.m. – 3 p.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:** \$30/six-week session

**MOVE Member: FREE**

Mon. 8 a.m. – 8:45 a.m.

Wed 8 a.m. – 8:45 a.m.

## Lifting Ladies (B, I)



Designed to empower women and teach them how to feel confident using all of the equipment that is available for MOVE members. Strong women building muscle and "lifting" each other up. Ages 13 and up are encouraged to attend.

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

**MOVE Member: FREE**

Sun. 1 p.m. – 1:45 p.m.

## live. life. Nspired.

This annual Sparrow Eaton 5K run and 1.5-mile family walk is inspired by Natalie Freiburger's 11 years of life lived fully. Join participants from all walks of life for this unique generosity experience. Visit [lifelifeinspired.org](http://lifelifeinspired.org) to register. Prices increase after Friday, August 27.

**Final registration will be held during packet pick-up on Friday, September 10, 12-7pm. Day-of packet pick-up 8-9:30am. Race begins at 9:45am. NO DAY-OF REGISTRATION THIS YEAR.**

**Cost: 5K Run - \$18/\$20**

**Family Run - \$43/\$48**

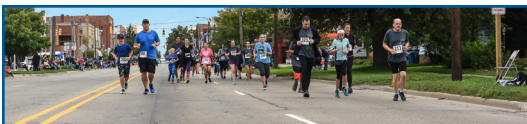
**Family Walk - FREE**

Sat., Sept. 11

## Outdoor Walking

Bring a friend and walk along EXPLORE, outdoors. Open dawn until dusk. Includes 1/5-mile outdoor walking trail in PRESERVE.

**Cost: FREE**



live. life. Nspired 5K

## Pickleball (B)



Challenge a friend to this fun game that appeals to all ages. Access to the full pickleball court to organize a game. Rules and instructions available. Ages 6 and up.

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

**MOVE Member: FREE**

Mon. 10:30 a.m. – 12 p.m.  
1:30 p.m. – 3 p.m.

Tues. 12 p.m. – 2 p.m.  
4:30 p.m. – 6 p.m.

Wed. 10:30 a.m. – 12 p.m.  
1:30 p.m. – 3 p.m.

Thurs. 12 p.m. – 2 p.m.  
4:30 p.m. – 6 p.m.

Fri. 1:30 p.m. – 3 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.



Pickleball

## Sculpt & Stability (B, I, A) NEW TIME

Join this low cardio, challenging workout that will improve balance and stability, muscle endurance, joint mobility and flexibility.

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

**MOVE Member: FREE**

Mon. 9 a.m. – 9:45 a.m.

Wed. 9 a.m. – 9:45 a.m.

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

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

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

**MOVE Member: FREE**

Wed. 5:45 p.m. – 6:30 p.m.

Sun. 10:30 a.m.–11:15 a.m.

## Tabata (B, I, A) NEW TIME

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**

Thurs. 4:45 p.m. – 5:30 p.m.

Fri. 9 a.m. – 9:45 a.m.



Sculpt & Stability

## TurboKick (I, A) NEW TIME

Mix kickboxing and dance with this high-energy, H.I.I.T.-filled workout sure to make you sweat while having a great time.

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

**MOVE Member: FREE**

Mon. 6:30 p.m. – 7:20 p.m.

Thurs. 6:30 p.m. – 7:20 p.m.

## Zumba (B, I)

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

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

**MOVE Member: FREE**

Tues. 10 a.m.–10:50 a.m.

Thurs. 10 a.m.–10:50 a.m.



TurboKick

## 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**

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

### Pilates (B, I)



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**

Fri.	8 a.m. – 8:45 a.m.
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### 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**

Sat.	8 a.m. – 8:50 a.m.
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Pilates

### 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**

Tues.	9 a.m. – 9:50 a.m. 6:45 p.m. – 7:35 p.m.
Thurs.	9 a.m. – 9:50 a.m. 6:45 p.m. – 7:35 p.m.
Sat.	10 a.m. – 10:50 a.m.

### 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 detoxifying the body, mind and spirit.

**Cost: \$45/six-week session**  
**MOVE Member: \$18/six-week session**

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



Yoga: Fusion

**EAT**

**Cheese Making: Mozzarella**

**Instructor: Gary Colles**

Learn to make cheese in your own kitchen. You will learn the basics on making various cheeses including cooking, draining, forming, using cheese cloth, storage and aging, as well as different milks. Work with your partner and take one pound of your delicious concoction home with you.

**Cost: \$40/couple or \$20/person**

*(individuals will be paired up with a fellow class attendee)*

Sat., Oct. 16      9 a.m. – 12 p.m.

**Fall Favorites: Soup & Salad**

**Instructor: Deb Dillon, MS, RDN & Jane Hayes, RDN**

Enjoy some fall favorites featuring chili, turkey, pumpkins and squash. Sparrow Eaton Hospital's dietitians will teach you how to prepare a healthy meal that includes turkey pumpkin chili and roasted butternut squash salad. Enjoy these delicious offerings at the demonstration and take the recipes home to recreate later.

**Cost: \$12/person**

Thurs., Oct. 28      11:45 a.m. – 12:30 p.m.



Fall Favorites: Soup & Salad

**Sushi Roll & Go**

**Instructor: CREATE Team**

Make the most of your lunch break by learning how to create sushi rolls. Enjoy two custom rolls during the demonstration, while watching tips and tricks to recreate this fresh meal at home.

**Cost: \$12/person**

Thurs., Nov. 11      11:45 a.m. – 12:15 p.m.



Sushi Roll & Go



## SUPPORT

### Diabetes Support Group

**Facilitator: Deb Dillon, MS, RDN**

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating. *For more information about this monthly offering, contact [deborah.dillon@sparrow.org](mailto:deborah.dillon@sparrow.org).*

**Cost: FREE**

Thurs., Sept. 23	1 p.m. – 2 p.m.
Thurs., Oct. 28	1 p.m. – 2 p.m.
Thurs., Nov. 18	1 p.m. – 2 p.m.
Thurs., Dec. 16	1 p.m. – 2 p.m.

### Gift of Heart

**Facilitator: Amy Nierenberger**

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

**Cost: FREE**

Mon., Oct. 4	6 p.m. – 8 p.m.
Mon., Nov. 1	6 p.m. – 8 p.m.
Mon., Dec. 6	6 p.m. – 8 p.m.

### 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. *Visit [tops.org](http://tops.org) for pricing information or call 517.410.0482.*

Wed.	5:30 p.m. – 7:15 p.m.
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## THINK

### PRESENTATIONS

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

### Professional Speaker Series: Balance & Vestibular

**Presenter: Kelli Heyink, PT, DPT**

Learn about the balance and vestibular system and how it can affect your every-day life, both positively and negatively. Practice balance exercises and learn tools to keep you feeling steady and strong. *Complimentary lunch provided for those who register by Friday, October 8; call (517) 541-5800, opt. 1 to register.*

**Cost: FREE**

Tues., Oct. 12	11:45 a.m. – 1 p.m.
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### WORKSHOPS

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

### Be Our Guest

**Instructors: Carrie Mason & Emily VanDorpe**

Learn how to be the 'hostess with the mostest' this holiday season and "be our guest." We will teach you tips and tricks to beautifully display your meal and make your guests feel welcome at your home while enjoying a delicious lunch from NOURISH by The Big Salad.

**Cost: \$20/person**

Sat., Nov. 6	11:30 a.m. – 1 p.m.
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## Coffee & Canvas: Fall Fun

**Instructors: Carrie Mason & Emily VanDorpe**

Channel your inner Picasso in this instructor led painting class that takes you step-by-step how to create your own, one-of-a-kind masterpiece (pictured below). Enjoy a coffee and light breakfast bar during your creative morning, included in your program cost courtesy of NOURISH by The Big Salad. All materials provided.

**Cost: \$35/person**

Sat., Sept. 18      10 a.m. – 11:30 a.m.

## Community Blood Drive

**Facilitator: Red Cross Volunteers**

Blood donation is vital to keeping our community safe. Sign-up in advance as a donor at [redcrossblood.org](http://redcrossblood.org) (use code Alive in the “make your appointment” field) or call 1.800.RED.CROSS (1.800.733.2767) to request a reservation. Two timeslots available every 15 minutes during drive.

**Cost: FREE**

Thurs. Sept. 30      2 p.m. – 7 p.m.

Fri. Dec. 17      2 p.m. – 7 p.m.



Coffee & Canvas: Fall Fun

## Community CPR

**Instructor: Chris Allen, RN**

Full American Heart Association Heartsaver CPR certification course for the lay person. Includes infant, child, adult CPR and AED. Limited to 10 participants.

**Cost: \$40/person**

Sat., Oct. 23      8:30 a.m. – 12:30 p.m.

## Couples Massage

**Instructor: Sarah Holland**

Designed to assist couples in enjoying massage together. Focus on learning proper pressure to ensure a relaxing, comfortable massage for your partner while maintaining proper ergonomics. Be guided through applying lotion/oil, leading into a deeper massage to decrease stress and reduce muscle tightness. Wear loose, comfortable clothes. Limited to 8 couples.

**Cost: \$25/couple**

Fri., Nov. 12      6:30 p.m. – 8 p.m.

## Injury Clinic

**Instructor: ALIVE Clinical Caregivers**

If you are experiencing a nagging injury like sore feet, knees or back, join us for a free consult with a health professional (such as a physical therapist) to discuss the problem. *Mask must be worn. Appointment required; call 517.541.5800, opt. 3.*

**Cost: FREE**

Tues.      5:30 p.m. – 7 p.m.

## Mrs. Claus' Workshop

**Instructors: Susan Allen, Kori Johns, Carrie Mason & Emily VanDorpe**

Enjoy a festive outing with friends as you create and learn. Participants will craft their own Christmas rag wreath (*choose between 'traditional' or 'icy' theme*), create scrabble letter ornaments, and learn gift wrapping tips and bow-making in order to wrap the toy donation you bring. Wrapped toys will be donated to the Charlotte Fire Department's Christmas Kiddies program. Lunch will be provided by NOURISH by The Big Salad. All materials provided. Please provide Christmas rag wreath preference upon registration.

**Cost: \$40 + one toy for donation to Christmas Kiddies**

Sat., Dec. 4 10:30 a.m. – 1 p.m.



Mrs. Claus' Workshop

## Plant Exchange

**Instructor: Andruw Bergmooser**

Fall is here which makes for a great time to transplant into the new season. Participants may bring plant(s) they are willing to divide or part with and exchange for something new in multiple rounds of give and take. Bulbs, perennials, shrubs, self-seeding annuals, grasses, trees, or herbs welcome. Held in HARVEST, outdoors. *Please register by calling 517.541.5800, opt. 7 or by emailing [bergmooa@gmail.com](mailto:bergmooa@gmail.com); provide a list of plants that you plan on bringing.*

**Cost: FREE**

Sun., Sept. 19 10:30 a.m. – 12 p.m.  
(10:30-11 a.m. check-in, 11 a.m. exchange begins)



Plant Exchange

## GROW

### All Things Apples

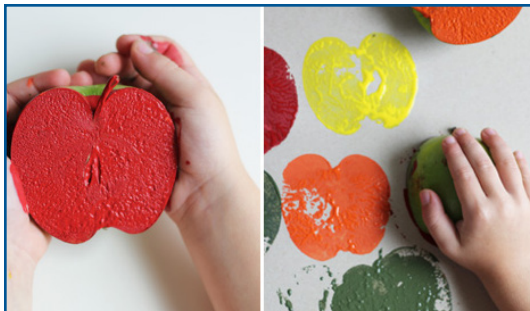
Bring your kiddo to this new offering held immediately after GROW's Saturday hours. Ages 3-12 (young children must be fully potty-trained). Create apple-themed treats including applesauce and apple stamp art, play apple games and take home a bag full of apple goodies.

**Cost: \$10 first child**  
\$8 per add'l child (same household)  
Sat., Sept. 25                      12 p.m. – 2 p.m.

### All Things Turkey & Thanksgiving

Bring your kiddo to this new offering held immediately after GROW's Saturday hours. Ages 3-12 (young children must be fully potty-trained). Create a special, dinner turkey placemat and pumpkin spice play dough, play turkey feather games and pumpkin games, sing songs, enjoy a treat and more.

**Cost: \$10 first child**  
\$8 per add'l child (same household)  
Sat., Nov. 20                      12 p.m. – 2 p.m.



All Things Apples

### Parents' Great Escape: SPOOKTACULAR

Parents, drop the kids off in costume for some fun at ALIVE while you take the evening to relax or go out. Ages 3-12 (young children must be fully potty-trained). Supervised activities include Halloween-themed crafts/snacks, singing songs, group games, group stories and more. Pizza dinner provided. *Pre-registration is required by Wed., Oct. 27; call 517.541.5803*

**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., Oct. 30                      5 p.m. – 9 p.m.

### Rock Climbing Safari

Try the rock climbing safari on ASCEND to reach the zebra, giraffe and other animals. Receive a sticker for the highest level attained. **See page 25 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.*

### StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. **This fall's StoryWalk® is Ugly Pie.** A new book is featured each spring, summer and fall.

**Cost: FREE**



**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

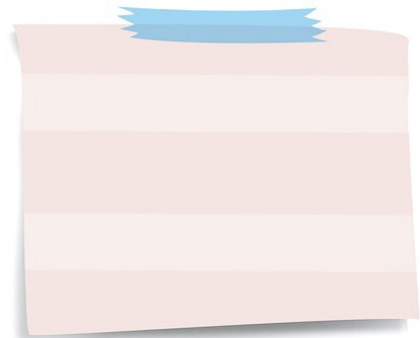
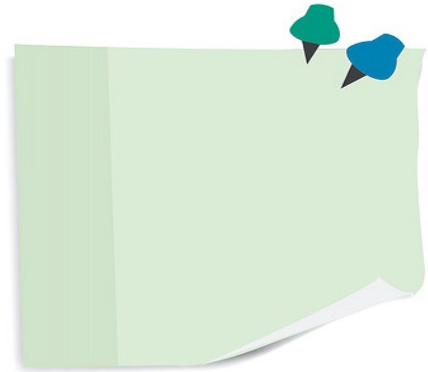
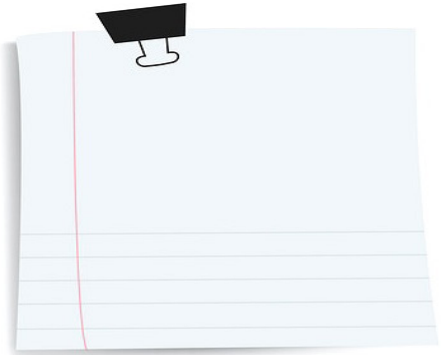
**Current hours listed on page 2.**

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

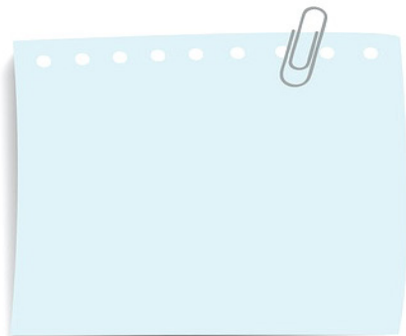
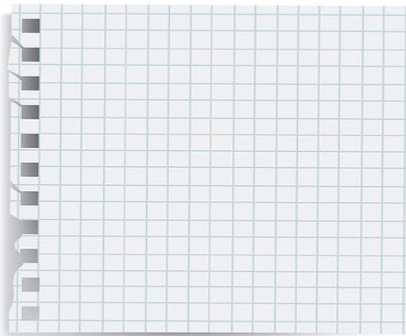
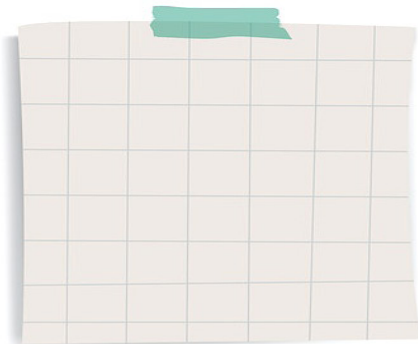


*\*Children ages 3 months to 24 months require reservations.*

**Notes**



## Notes



## Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543.1050
Ambulance Services	911 or 541.5912
Anticoagulation Clinic	541.5861
Breast Care Center	541.5948
Cardio/Pulmonary Rehab	543.1050, ext. 52469
Diabetes Program	543.1050, ext. 52390
Emergency Department	911 or 543.9508
Endoscopy Station	543.5901
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 [Sparrow.org/Eaton](http://Sparrow.org/Eaton).





800 W. Lawrence Ave.  
Charlotte, MI 48813  
[myalive.com](http://myalive.com)

Main 517.541.5800  
Fax 517.541.5810