



# SUMMER 2021 PROGRAM GUIDE



June 1 – September 4, 2021  
[www.myalive.com](http://www.myalive.com)



## Hours of Operation

### ALIVE

Screening required for all entrants. All guests are encouraged to use the main entry. Masks must be worn in the building at all times.

Monday – Friday	5:30 a.m. – 8 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 for a full two-hours. Masks must be worn by children 2+ years of age while indoors. With questions, or to make a reservation for a child under the age of two, please call 517.541.5803.

Monday – Friday	9 a.m. – 11 a.m. 4:30 p.m. – 6:30 p.m.
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### NOURISH by The Big Salad

Screening required for all entrants. Includes dine-in (limited capacity), carry-out and curbside pick-up. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.

Monday – Friday	10 a.m. – 3 p.m.
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### Holidays

In the coming months, ALIVE will be closed in observance of Independence Day (Sunday, July 4) and Labor Day (Monday, September 6).

## 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	517.541.5971

<b>Susan Allen</b>	541-5812
ALIVE Operations Manager susan.allen@sparrow.org	
<b>Jacob Campbell</b>	543-1050, ext. 52461
Director of Health and Wellness Services jacob.campbell@sparrow.org	
<b>Kim Dickinson</b>	541-5814
Director of ALIVE Clinical Services kimberly.dickinson@sparrow.org	
<b>Amy Wilkes</b>	541-5803
GROW Manager amy.wilkes@sparrow.org	
<b>Dana Pray</b>	543-1050, ext. 15880
Manager of Development & Experience dana.pray@sparrow.org	



## 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:

- 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, as well as outside when not social distancing. The only exceptions are in MOVE, SPARK, SOAR, ENERGIZE for guests/members who are fully vaccinated or while eating at NOURISH by The Big Salad.
- Social distancing will be enforced. A minimum of 6' from others outside of your household is requested.
- Time has been set between most programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors.
- Capacity limitations have been established for all programs to allow for adequate social distancing and safety.
- 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.*

## 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](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 My 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

### JUNE: PREVENT

- June 1 Summer StoryWalk Begins Pg. 38
- June 3 Cheese & Chocolate Pg. 28
- June 6 Family Health Event On-The-Go Begins Pg. 33
- June 7 Youth Summer Camp: School's Out Summer Bash Begins Pg. 39
- June 12 Parents' Great Escape: Baseball Theme Pg. 37
- June 14 Father's Day Pop-Up Craft Begins Pg. 37  
Summer Beach Market Series: PiYo Pg. 24  
Youth Summer Camp: Take Me Out to the Ballgame Begins Pg. 39
- June 15 Charlotte Area Sports Performance Training Begins Pg. 19
- June 19 Rock Climbing Pg. 23
- June 21 Youth Summer Camp: Carnival Begins Pg. 39
- June 22 Injury Clinics Begin Pg. 33
- June 23 Summer Salads Pg. 29
- June 24 Diabetes Support Group Pg. 30  
When Plants Talk Pg. 35
- June 28 Summer Beach Market Series: Yoga Pg. 24  
Youth Summer Camp: Red, White & Blue Begins Pg. 39
- June 29 Sunrise Flow & Joe Yoga Pg. 27

### JULY: ENERGIZE

- July 5 Youth Summer Camp: Science Begins Pg. 39
- July 12 Summer Beach Market Series: TurboKick Pg. 24  
Youth Summer Camp: Space Begins Pg. 39
- July 14 Country Line Dancing Begins Pg. 20
- July 17 Parents' Great Escape: Camping Theme Pg. 37  
Rock Climbing Pg. 23
- July 19 Youth Summer Camp: Nature Begins Pg. 39
- July 22 Diabetes Support Group Pg. 30
- July 24 Preschool Sports Sampler Begins Pg. 38
- July 26 Summer Beach Market Series: Cardio Dance Pg. 24  
Time to GLO Pg. 34  
Youth Summer Camp: DIY Fairy Garden Begins Pg. 39
- July 27 Sunrise Flow & Joe Yoga Pg. 27
- July 29 Morning Meditation Pg. 26



PRESERVE

## AUGUST: FOCUS

- Aug. 2 Summer Beach Market Series:  
Zumba Pg. 24
- Aug. 3 Fun with Fonts: Summer Edition Pg. 33
- Aug. 9 Summer Beach Market Series:  
PiYo Pg. 24
- Aug. 10 Sunrise Flow & Joe Yoga Pg. 27
- Aug. 18 Salsa 101 Pg. 29
- Aug. 21 Parents' Great Escape:  
Beach Theme Pg. 37  
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- Aug. 23 Summer Beach Market Series:  
Zumba Pg. 24
- Aug. 26 Diabetes Support Group Pg. 30
- Aug. 27 Community Blood Drive Pg. 32  
Date Night: Sushi Pg. 28
- Aug. 31 Professional Speaker Series:  
A Vision Experience Pg. 32
- Sept. 11 live. life. Nspired Pg. 22



Floyd M. Jewell Memorial trailhead

## Weekly Schedule

### Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–8 p.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit**
9 a.m.–9:55 a.m.	Yoga: Basic**
9 a.m.–10 a.m.	CrossFit
10:10 a.m.–10:55 a.m.	Tabata**
10:30 a.m.–12 p.m.	Pickleball
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata**
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m. – 6:35 p.m.	Yoga: Basic (Virtual)
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

\*\* = class will be conducted outdoors on the GATHER cement pad, weather-permitting. Participants must still use main entrance for screening.



Group Cycling outdoors

## Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–8 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling**
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt**
9 a.m.–9:45 a.m.	Sculpt & Stability**
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba*
11 a.m.–11:45 a.m.	Boxing for Health
11:15 a.m.–11:45 a.m.	Circuit Training
12:10 p.m.–12:40 p.m.	30-Minute Blast**
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt**
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**
6:30 p.m.–7:30 p.m.	CrossFit



Basketball: Adult Drop-In

## Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–8 p.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit**
9 a.m.–9:30 a.m.	Deep Stretch*
9 a.m.–10 a.m.	CrossFit
9:35 a.m.–10:20 a.m.	Fun Fitness*
10:30 a.m.–12 p.m.	Pickleball
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Cardio Dance*
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
5:45 p.m.–6:35 p.m.	Yoga: Basic*
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

\*\* = class will be conducted outdoors on the GATHER cement pad, weather-permitting. Participants must still use main entrance for screening.



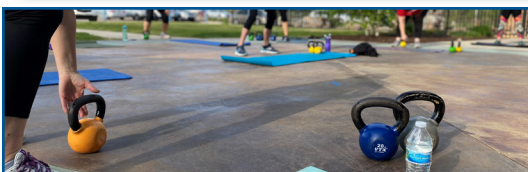
NOURISH by The Big Salad

## Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–8 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling**
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (Virtual)
9 a.m.–9:55 a.m.	Yoga: Basic**
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba*
11:15 a.m.–11:45 a.m.	Circuit Training
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:40 p.m.	30-Minute Blast**
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (Virtual)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Step & Sculpt**
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

\*\* = class will be conducted outdoors on the **GATHER** cement pad, weather-permitting. Participants must still use main entrance for screening.



Kettlebell Circuit outdoors

## Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–8 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Sculpt & Stability**
9 a.m.–9:30 a.m.	Deep Stretch*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Barre None**
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	CrossFit

## Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8 a.m.–8:50 a.m.	PiYo (Virtual)
9 a.m.–9:30 a.m.	30-Minute Blast*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic*
11:10 a.m.–11:55 a.m.	Barre None**
12 p.m.–3 p.m.	Basketball: All Ages Drop-In

## Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp
12 p.m.–1 p.m.	Basketball: Open Shoot



**NOTE:** Children ages 9-12 years old who have completed Little Lifters orientation are permitted to exercise in MOVE or participate in group exercise classes under parental supervision.



The following outlines some key regulations that we must abide by in order to stay open safely. For a complete listing, please visit [myalive.com](http://myalive.com).

**Screening:** Everyone entering the building will be screened for COVID-19 symptoms, including a temperature check. Individuals that do not pass the screening will not be permitted in the building, so please stay home if you feel ill, are displaying any symptoms or have come in contact with someone who has COVID-19.

**Masks & Physical Distancing:** ALIVE will follow the recent order allowing fully vaccinated guests the option to be without a mask/within closer proximity in the following areas, only: MOVE (the fitness center), ENERGIZE (the group exercise studio in MOVE), INDULGE (the MOVE locker rooms), SPARK (home to CrossFit) and SOAR (the recreation gymnasium). Masks must be worn to and from these areas, including along EXPLORE (our indoor walking path) for the safety of our patients. People are considered fully vaccinated against COVID-19: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

**Sanitation:** Caregivers will be deep-cleaning throughout the day, but we ask that members continue to wipe down their equipment after use with sanitation wipes provided.

## 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:** \$5/class

**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: Adult Drop-In



Access to 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.
Fri.	12 p.m. – 1 p.m.

## Basketball: All Ages Drop-In

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

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

**MOVE Member:** FREE

Sat.	12 p.m. – 3 p.m.
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## 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

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

## Basketball: Teen Drop-In

Access to full basketball court to organize a pick-up game. Ages 13-17.

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

Tues.	3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 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  
**MOVE Member:** FREE

Tues.	5:45 p.m. – 6:30 p.m.
Fri.	10 a.m. – 10:45 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:** \$5/class  
**MOVE Member:** FREE

Sun.	9:30 a.m. – 10:15 a.m.
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## Boxing for Health (B, I)

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:** \$5/class  
**MOVE Member:** \$3/class

Tues.	11 a.m. – 11:45 a.m.
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## Cardio Dance (B, I)



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

**Cost:** \$5/class  
**MOVE Member:** FREE

Wed.	4:45 p.m. – 5:30 p.m.
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## Charlotte Area Sports Performance Training

**Instructor:** CrossFit Fade Coaches

Students 8th-12th grade learn the fundamental movements of fitness during this nine week offering, including: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy – all essential for excelling in sports. Assessments conducted at the beginning of each session to work on specific goals. Individualized sports programs will be developed and implemented weeks five through nine.

**Cost:** \$149/nine-week session  
\$99 per add'l child (same household)

**June 15 - August 13**

Tues., Thurs., Fri.	10:15 a.m. – 11:15 a.m.
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## Circuit Training (B, I)

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

**Cost:** \$5/class

**MOVE Member: FREE**

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

## Country Line Dancing (B, I)

**Instructor: Danielle Dolson**

Come down to the newly renovated Beach Market on West Lovett St., in Charlotte (across from post office) and learn the basic steps and fundamentals of popular country line dances with some surprise twists on traditional moves.

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

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

**July 14 – Aug. 18**

Wed. 6:30 p.m. – 7:30 p.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.

## 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:** \$5/class

**MOVE Member: FREE**

Wed. 9:35 a.m. – 10:20 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.

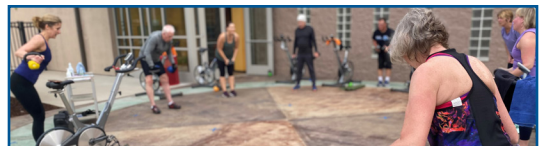
## Group Cycling: Spin & Sculpt (B, I, A)

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. (Virtual)  
4:45 p.m. – 5:30 p.m. (Virtual)



Group Cycling: Spin & Sculpt

## Indoor Walking



Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path. Limited capacities will be enforced. Check-in and check-out is required.

**Cost: FREE**

Mon. – Fri.	5:30 a.m. – 8 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: \$5/class**

**MOVE Member: FREE**

Mon.	8 a.m. – 8:45 a.m.
Wed	8 a.m. – 8:45 a.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) for early registration dates and race details, including whether or not this year's race will be virtual or in-person. Stay tuned!

**Cost: 5K Run - \$18/\$20/\$25**  
**Family Run - \$43/\$48/\$60**  
**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**

## 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.
Tues.	1 p.m. – 2:45 p.m.
Wed.	10:30 a.m. – 12 p.m.
Thurs.	1 p.m. – 2:45 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., June 19	10 a.m. – 12 p.m.
Sat., July 17	10 a.m. – 12 p.m.
Sat., Aug. 21	10 a.m. – 12 p.m.

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



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

**Cost: \$5/class**

**MOVE Member: FREE**

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

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

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

**Cost:** \$5/class

**MOVE Member: FREE**

Thurs. 5:45 p.m. – 6:30 p.m.

## Summer Beach Market Series

**Instructor: ALIVE Group Ex Instructors**

Come down to the newly renovated Beach Market on West Lovett St., in Charlotte (across from post office) and enjoy a fun class held in partnership with Charlotte Brewing Company and Friends of Beach Market. Please register in advance. Bring a yoga mat and a water bottle and be prepared to enjoy the fresh air!

June 14: PiYo

June 28: Yoga

July 12: TurboKick

July 26: Cardio Dance

August 2: TurboKick

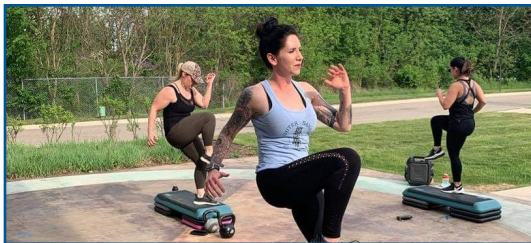
August 9: PiYo

August 23: Zumba

**Cost:** \$10/class

**MOVE Member: \$5/class**

Mon. 6:30 p.m. – 7:30 p.m.



Step & Sculpt

## 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

**MOVE Member: FREE**

Mon. 10:10 a.m. – 10:55 a.m.  
4:45 p.m. – 5:30 p.m.

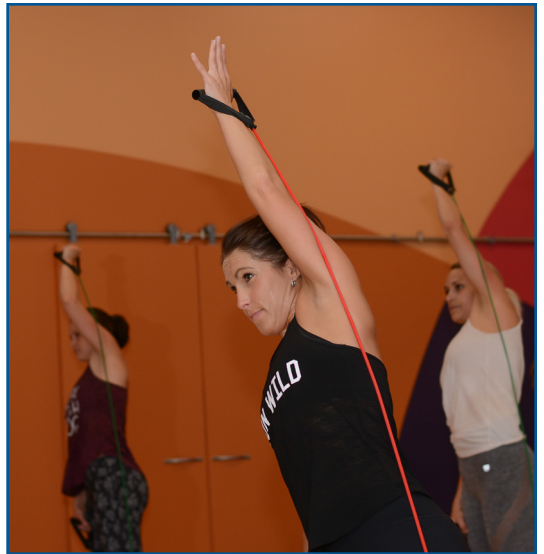
## Zumba (B, I)

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

**Cost:** \$5/class

**MOVE Member: FREE**

Tues. 10 a.m.–10:50 a.m.  
Thurs. 10 a.m.–10:50 a.m.



Tabata in ENERGIZE

## 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

**MOVE Member: FREE**

Wed. 9 a.m. – 9:30 a.m.

Fri. 9 a.m. – 9:30 a.m.

### Morning Meditation (B)

Feeling the need to be a bit more present? Wanting to become the calm within the chaos? Meditate and cultivate your calm.

**Cost: Free**

Tues., July 29 8 a.m. – 8:45 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

**MOVE Member: FREE**

Sat. 8 a.m. – 8:50 a.m. (Virtual)



PiYo

### Sunrise 'Flow & Joe' Yoga (B, I)

**Instructor: Jennifer Davis**

Join us at Hidden Creek Farms, located at 2181 E. Vermontville Hwy., Charlotte, MI to begin your day with an extra dose of clarity, peace and energy with a shot of espresso. Class will take place in the calm of the morning while the sun rises over the field. A coffee (and tea) bar will be provided to registrants to add a little extra energy and zen to your morning to sip and enjoy or for you to take.

**Cost:** \$10/class

**MOVE Member: \$5/class**

Tues., June 29 6:30 a.m. – 7:30 a.m.

Tues., July 27 6:30 a.m. – 7:30 a.m.

Tues., Aug. 10 6:30 a.m. – 7:30 a.m.

### Yoga: Basic (B)

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



**Cost:** \$5/class

**MOVE Member: FREE**

Mon. 9 a.m. – 9:55 a.m.  
5:45 p.m. – 6:35 p.m. (Virtual)

Wed. 5:45 p.m. – 6:35 p.m.

Thurs. 9 a.m. – 9:55 a.m.

Sat. 10 a.m. – 10:55 a.m.



Yoga: Basic

## EAT

### 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**

Thurs., June 3 6:30 p.m. – 7:30 p.m.

### Date Night: Sushi

**Instructor: Ellen Dreps**

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. When registering, please register under the name of the primary contact (*both names are not needed as pricing is per couple*); **limit 8 couples**.

**Cost: \$25/couple**

Fri., Aug. 27 6:30 p.m. – 8 p.m.



Date Night: Sushi

### Summer Salads

**Instructor: Ellen Dreps**

Take your salads up a notch this summer in this perfectly timed lunch offering. Learn how to make fresh from the garden (or produce aisle!) salads rich in flavor and texture that will be the hit of the BBQ! Leave feeling full and satisfied with easy to recreate recipes at home.

**Cost: \$12**

Wed., June 23 11:45 a.m. – 12:15 p.m.

### Salsa 101

**Instructors: Deb Dillon & Jane Hayes**

Spend an afternoon in the garden (HARVEST) as you are taught by our very own dieticians how to make (and take) homemade salsa. Learn how fresh ingredients can add the most punch and flavor to a fan-favorite. Each participant will leave with their very own jar of salsa, as well as taste healthy, homemade tortilla chips.

**Cost: \$10**

Wed., Aug. 18 11:45 a.m. – 12:15 p.m.



Summer Salads

## SUPPORT

### Alzheimer's Support Group

*This support group is not currently meeting in-person, however participants may reach out to Larissa Krem at [Larissa.Sensations@gmail.com](mailto:Larissa.Sensations@gmail.com) with any questions, advice, or information.*

**Cost: FREE**

### 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. *For more information about this monthly offering, contact [deborah.dillon@sparrow.org](mailto:deborah.dillon@sparrow.org).*

**Cost: FREE**

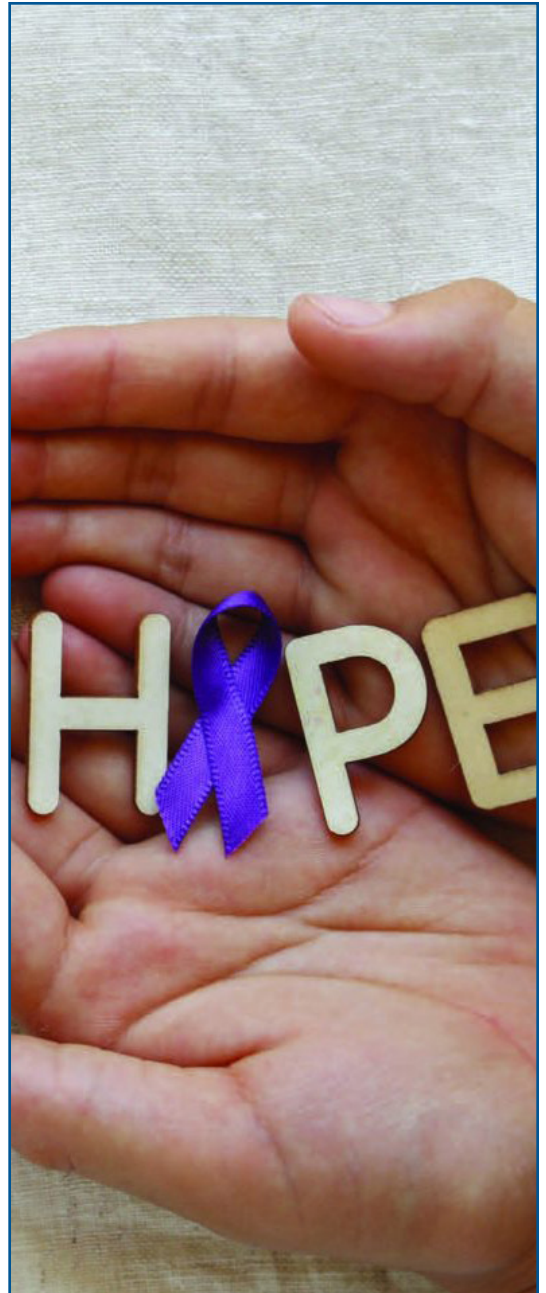
Thurs., June 24	1 p.m. – 2 p.m.
Thurs., July 22	1 p.m. – 2 p.m.
Thurs., Aug. 26	1 p.m. – 2 p.m.

### 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: A Vision Experience

**Instructors: Harper Wildern, O.D. & Chet Lafave, OTR/L, CHT**

Learn treatment options and prevention measures to support your vision following COVID-19. Many had the virus or adapted to increased screen time during the pandemic. Interact with the latest technology at ALIVE to assess your visual skills like tracking, scanning, acuity and more at this free offering. *Lunch provided; call (517) 541-5800, opt. 1 to register.*

**Cost: FREE**

Tues., Aug. 31 11:45 a.m. – 1 p.m.

### WORKSHOPS

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

#### 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) to request a reservation. Two timeslots available every 15 minutes during drive.

**Cost: FREE**

Fri., Aug. 27 2 p.m. – 7 p.m.

#### Family Health Event On-The-Go

Our annual event is going virtual. Register and receive a swag bag that includes a list of healthy activities to complete in June. Those who complete the activities on the passport and return to ALIVE will be entered to win one of the following prizes: a 1-month primary MOVE membership, a \$30 Big Salad gift card, a \$40 ALIVE gift card. *Pick up swag bag from MOVE.*

**Cost: \$10/household; \$5/addl. swag bag**

Sun., June 6 – Wed., June 30

#### Fun with Fonts: Summer Edition

**Instructors: Carrie Mason & Emily VanDorpe**

This beginner-level, tutorial-style class will leave you feeling confident with a chalk marker in hand. Use skills learned to create your very own summer themed piece of wall décor. All supplies will be provided for this modern calligraphy and chalkboard art event. *Pre-registration required; limit 20 registrants.*

**Cost: \$25**

Tues., Aug. 3 6:30 p.m. – 8 p.m.

#### Injury Clinic



**Instructor: ALIVE Clinical Caregivers**

**BEGINS TUESDAY, JUNE 22!** 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.

## Time to GLO

**Instructor: Sarah Pitchford**

Pamper your skin with a customized skincare routine provided by one of our very own FUSE estheticians. Complete a GLO survey upon registration and receive a skincare routine tailored specifically to your skin type. Learn how to properly use each product during class. Take home a complete GLO skincare sample-size line-up as well as the confidence to apply successfully for desired results. Upon completion of the class participants will receive a 15%-off voucher for a future GLO skincare product purchase.

**Cost: \$30**

Mon., July 26 6:30 p.m. – 7:30 p.m.



Time to GLO

## When Plants Talk

**Instructors: Carrie Mason & Emily VanDorpe**

Floral arranging tips and tricks are blooming in this hands-on class! Create your very own bouquet with plants and flowers that have special meaning to convey a particular message of your choosing. *Pre-registration required; limit 12 registrants.*

**Cost: \$25**

Thurs., June 24 6:30 p.m. – 8 p.m.



When Plants Talk



**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.

**GROW**

**Father's Day Pop-Up Craft**

While utilizing GROW, your littles have the opportunity to craft a special, handmade keepsake for Father's Day during the week prior. We provide all supplies and facilitate the process of helping your child personalize a memento for dad, grandpa or father-figure in their life!

**Cost: \$5**

June 14-18 9–11 a.m. & 4:30–6:30 p.m.

**Parents' Great Escape**

Parents, drop the kids off 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 themed crafts/snacks, singing songs, group games, group stories and more. Pizza dinner provided. *Pre-registration is required by the Wednesday prior to the event; call 517.541.5803*

June 12: Baseball Theme

July 17: Camping Theme

Aug. 21: Beach Theme

**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.

5 p.m. – 9 p.m.



Father's Day Pop-Up Craft

## Preschool Sports Sampler

**Instructor: GROW caregivers**

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**

**GROW Member: \$12**

**July 24 - August 7**

Sat. 10 a.m. – 11 a.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 23 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 summer's StoryWalk® is **Casey At The Bat**. A new book is featured each spring, summer and fall.

**Cost: FREE**

## Youth Summer Camps

Parents, drop the kids off for some themed fun at ALIVE to positively channel summer energy in these mid-afternoon or evening camps. Participate in age-appropriate activities centered around each camp theme. Each session includes a healthy snack. Ages 3-12 years old (young children must be fully potty-trained). *Pre-registration is required by the Wednesday prior to the camp; call 517.541.5803*

**June 7-10:** School's Out Summer Bash

**June 14-17:** Take Me Out to the Ballgame

**June 21-24:** Carnival

**June 28-July 1:** Red, White & Blue

**July 5-8:** Science

**July 12-15:** Space

**July 19-22:** Nature

**July 26-29:** DIY Fairy Garden *(friendly for boys & girls)*

**Cost: \$65 first child**

\$55 per add'l child (same household)

**GROW Member: \$60 first child**

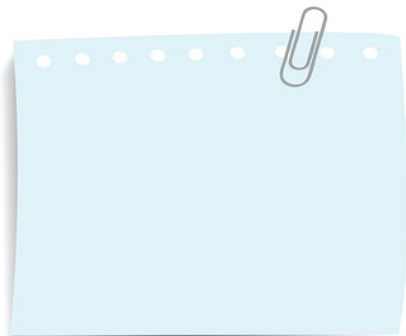
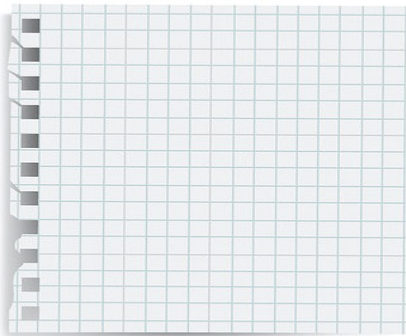
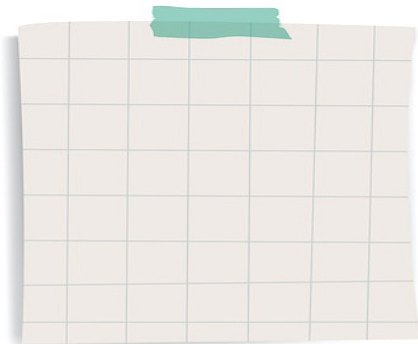
\$50 per add'l child (same household)

Mon-Thurs. 1 p.m. – 3 p.m. or 5:30 p.m.– 7:30 p.m.



Youth Summer Camp in PLAY

## Notes



## Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543.1050
Ambulance Services	911 or 541.5912
Anticoagulation Clinic	541.5861
Breast Care Center	541.5805
Cardio/Pulmonary Rehab	543.1050, ext. 52469
Diabetes Program	543.1050, ext. 52390
Emergency Department	911 or 543.9508
Endoscopy Station	543.9501
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