



# SUMMER 2022 PROGRAM GUIDE



June 5 - September 3, 2022  
[www.myalive.com](http://www.myalive.com)



## Hours of Operation

### ALIVE and MOVE

All guests are encouraged to use the main entry.

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.

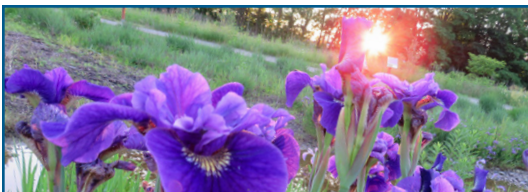
### NOURISH by The Big Salad

Open for dine-in and carry-out. Guests may order online at [thebigsalad.net](http://thebigsalad.net) or call in orders at 517.541.5815.

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

### Holidays

ALIVE as well as NOURISH by The Big Salad will be closed in observance of Independence Day (Monday, July 4) and Labor Day (Monday, September 5).



Sunrise over PRESERVE

## 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)	541.5812
GROW (Childcare)	541.5803
MOVE (Fitness Center)	543.9575
NOURISH by The Big Salad (Café)	541.5815
COVID Testing Info	541.5817



ALIVE

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## Directory (continued)

### **Helen Johnson**

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### **Jacob Campbell**

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### **Sarah Pitchford**

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### **Angela Tate**

MOVE Supervisor  
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## ALIVE Policies

ALIVE is an inclusive facility that welcomes all individuals. While utilizing ALIVE we ask that you adhere to the following policies.

- Check-in by using your LINK Card when entering ALIVE.
- Complimentary lockers and coat hooks to store belongings are available in STOW. Please safeguard your belongings as ALIVE is not responsible for any lost or stolen items.
- Treat all other patrons and staff of ALIVE with respect and refrain from any vulgar, offensive or inappropriate language including swearing and racial slurs.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program (drop-in activities including basketball and rock climbing are not facilitated).
- 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.
- Any physical altercation including pushing, shoving or any other action that could cause harm to another individual or the facility is prohibited.
- NOURISH by the Big Salad is available to accommodate food and beverage needs. Please refrain from bringing outside food into ALIVE.
- Clean up after yourself and properly dispose of any trash or personal items before leaving.
- Proper attire including shirts that securely cover the chest, appropriate footwear and bottoms are required at all times outside of the locker rooms or designated areas.
- Sexual misconduct of any kind, including photos or sexual innuendos is prohibited.

## 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 and reflects costs for one six-week session. Our weekly recurring offerings are listed on pages 11-16.

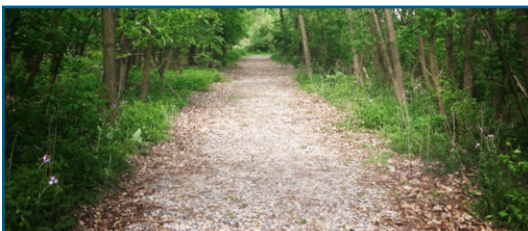
- **FREE WEEK: June 5 – June 11**
- **Session 1: June 12 – July 23**
- **Session 2: July 24 – September 3**

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



EXPLORE, outdoor

## 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 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.

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**HARVEST** (community garden)

## SPECIAL EVENTS

### JUNE: PREVENT

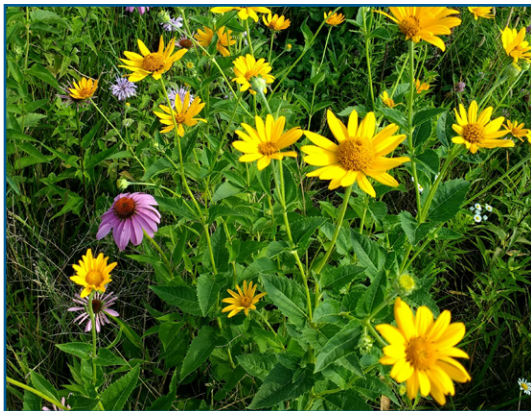
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**EXPLORE** fountain

## JULY: ENERGIZE

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- July 11 Messy Monday Pg. 36  
Summer Beach Market Series:  
Yoga Pg. 26
- July 12 Kids' Table: Homemade Ice Cream & Toppings Pg. 34
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- July 22 Family Movie Night Pg. 34
- July 24 Session 2 Begins Pg. 6
- July 25 Summer Beach Market Series: PiYo Pg. 26
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Wildflowers in PRESERVE

## AUGUST: FOCUS

- Aug. 1 Gift of Heart Pg. 31
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- Aug. 16 Kids' Table: Quesadillas & Garden Fresh Salsa Pg. 34
- Aug. 22 Summer Beach Market Series: Yoga Pg. 26
- Aug. 24 Eat the Rainbow: Lunch Series Blue/Purple Pg. 30
- Aug. 25 Diabetes Support Group Pg. 31
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## SEPTEMBER

- Sept. 10 live life. Nspired Pg. 24

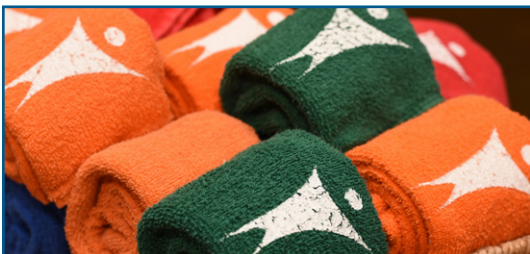


DIRECT (meeting space)

## Weekly Schedule

### Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
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.–9:55 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
5 p.m.–5:45 p.m.	Step & Sculpt (JD)
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–7:30 p.m.	Pickleball
6:30 p.m.–7:30 p.m.	CrossFit



Towels in MOVE

### Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MMC)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (CC)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:20 a.m.–10:55 a.m.	Live Long, Live Strong (KE)
11 a.m.–11:45 a.m.	Circuit Training (CJ)
11:10 a.m.–11:55 a.m.	Boxing for Health (DL)
12 p.m.–2 p.m.	Pickleball
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.	STRONG (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.–7:15 p.m.	Little Movers
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:40 p.m.	Yoga: Basic (JD)

## Wednesdays

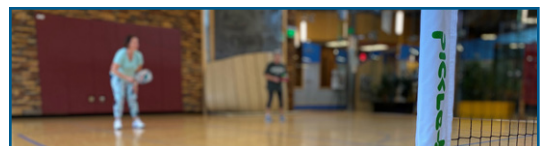
Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Pilates (AT)
9 a.m.–9:45 a.m.	Fun Fitness (AT)
9 a.m.–9:45 a.m.	Step & Sculpt (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (AT)
10:30 a.m.–12 p.m.	Pickleball
12 p.m.–1:30 p.m.	Basketball: 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 p.m.–5:30 p.m.	Yoga: Kids
5 p.m.–5:45 p.m.	Bootcamp (MO)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
6 p.m.–6:45 p.m.	Cardio Dance (MO)
6 p.m.–7:30 p.m.	Pickleball
6:30 p.m.–7:30 p.m.	CrossFit



Infants in GROW

## Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
5:45 a.m.–6:30 a.m.	Group Cycling (MMC)
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (TG)
9 a.m.–9:55 a.m.	Yoga: Basic (JD)
9 a.m.–10 a.m.	CrossFit
9:05 a.m.–9:50 a.m.	Buns & Guns (DG)
10 a.m.–10:50 a.m.	Zumba (DG)
10:20 a.m.–10:55 a.m.	Live Long, Live Strong (KE)
11 a.m.–11:45 a.m.	Circuit Training (CJ)
12 p.m.–2 p.m.	Pickleball
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.	STRONG (DG)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None (JD)
6:30 p.m.–7:15 p.m.	Little Movers
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:40 p.m.	Yoga: Basic (JD)



Pickleball



## Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–9 p.m.	Indoor Walking
5:30 a.m.–6:30 a.m.	CrossFit
8 a.m.–8:45 a.m.	Interval Training (CJ)
9 a.m.–9:45 a.m.	Sculpt & Stability (CJ)
9 a.m.–10 a.m.	CrossFit
9:50 a.m.–10:35 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

## Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8:05 a.m.–8:55 a.m.	PiYo Plus (AP)
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.	Buns & Guns (DG)
12 p.m.–1 p.m.	Basketball: Open Shoot

## Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp (DL)

## Instructors

AP = Alicia P.	JD = Jennifer D.
AT = Amanda T.	KE = Kim E.
CJ = Cheryl J.	MO = Mindy O.
CC = Christina C.	MMc = Morene M.
DG = Danielle G.	NH = Nick H.
DL = Darius L.	TG = Taylor G.

**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.**



Outdoor seating in REFLECT

## DO

**NOTE:** *Signing up for a 6-week session is good for the daytime of the offering selected. For example paying for 6-weeks of 9:05am Tuesday Buns & Guns is good only for that day of the week/time and not interchangeable with another day of the week/time of that class.*

<b>Skill Levels:</b>	<b>B</b>	=	Beginner
	<b>I</b>	=	Intermediate
	<b>A</b>	=	Advanced

### Basketball: Drop-In

Access to full basketball court to organize a pick-up game. Payment for drop-in may be made in MOVE. 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: 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 are incorporated 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.

### Bootcamp (I, A)



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

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

Wed.	5 p.m. – 5:45 p.m.
Sun.	9:30 a.m. – 10:15 a.m.

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

Tues.	11:10 a.m. – 11:55 a.m.
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Boxing for Health

## Buns & Guns (B, I)

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

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

Tues.	9:05 a.m. – 9:50 a.m.
Thurs.	9:05 a.m. – 9:50 a.m.
Sat.	11:10 a.m. – 11:55 a.m.

## Cardio Dance (B, I)

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.	5 p.m. – 5:45 p.m.
Wed.	6 p.m. – 6:45 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 a.m. – 11:45 a.m.
Thurs.	11 a.m. – 11:45 a.m.



Buns & Guns

## Country Line Dancing (B, I)

**Instructor: Danielle Gillentine**

ALIVE group fitness participants will learn a few dances to perform at our hometown festival the Charlotte Frontier Days. Participants will have access to pre-recorded videos to practice at their convenience as well as our scheduled in-person lessons. Performance dates are September 7 and 8.

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

**Aug. 3– 31**

Wed.	6:30 p.m. – 7:30 p.m.
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## 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 to all fitness levels.

**CrossFit upgrade (single): \$59/month**  
**CrossFit upgrade (couple): \$99/month**  
**Drop-in: \$15/class**

Mon. – Fri.	5:30 a.m.–6:30 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.



CrossFit

## Foam Roller (B, I)



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

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

**MOVE Member: FREE**

Fri. 9:50 a.m. – 10:35 a.m.

## Fun Fitness (B)

Staying fit doesn't have to be an uphill battle. Improve your 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.



Group Cycling

## 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.

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.

## Interval Training (B, I, A)

Join this fun yet challenging workout that can be tailored to any fitness level and demonstrates the effectiveness and agility of interval-based workouts with the kettlebell & more. 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.

Fri. 8 a.m. – 8:45 a.m.

## Live Long, Live Strong (B, I) NEW TIME

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.	10:20 a.m. – 10:55 a.m.
Thurs.	10:20 a.m. – 10:55 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 [livelifeinspired.org](http://livelifeinspired.org) for early registration dates and race details.

**Cost:** 5K Run - \$20/\$25/\$30  
Family Run - \$50/\$65/\$80  
Family Walk - FREE

Sat., Sept. 10 9:15 a.m.

## 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.

## 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. Payment for drop-in may be made in MOVE. 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. 6 p.m. – 7:30 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. 6 p.m. – 7:30 p.m.
Thurs.	12 p.m. – 2 p.m. 4:30 p.m. – 6 p.m.
Fri.	1:30 p.m. – 3 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:** \$30/six-week session  
**MOVE Member:** FREE

Mon.	9 a.m. – 9:45 a.m.
Fri.	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

Mon.	5 p.m. – 5:45 p.m.
Wed.	9 a.m. – 9:45 a.m.

## Summer Beach Market Series

### Instructor: ALIVE Group Ex Instructors

Come down to Beach Market on West Lovett St., in Charlotte (across from post office) and enjoy the fresh air as you workout. Please register in advance, and bring a yoga mat and a water bottle!

June 13: PiYo

June 27: Zumba

July 11: Yoga

July 25: PiYo

August 8: Zumba

August 22: Yoga

**Cost: FREE**

Mon. 6:30 p.m. – 7:30 p.m.

## STRONG (B, I, A)



A HIIT workout with a twist. This workout sync's cardio and strength moves to the beat of the music. Optimize your workout and make every minute count as you push beyond your limits. Feel the force, the energy and get fit!

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

Tues. 4:45 p.m. – 5:30 p.m.

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

Tues. 10 a.m.–10:50 a.m.

Thurs. 10 a.m.–10:50 a.m.

## 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**

Wed. 8 a.m. – 8:45 a.m.



Pilates

## PiYo Plus (I, A)

A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to upbeat music. PiYo Plus improves strength, balance, and flexibility. It is driven by music, movement, and motivation. PiYo Plus is all of your favorite workouts wrapped into one.

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

**MOVE Member: FREE**

Sat. 8:05 a.m. – 8:55 a.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**

Tues. 9 a.m. – 9:55 a.m.  
6:45 p.m. – 7:40 p.m.

Thurs. 9 a.m. – 9:55 a.m.  
6:45 p.m. – 7:40 p.m.

Sat. 10 a.m. – 10:55 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. *This offering will be held outdoors through summer session.*

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

**MOVE Member: FREE**

Mon. 9 a.m. – 9:55 a.m.

## EAT

### Canning: A 3-Part Series

**Instructor: Adrienne Bunce**

Learn what items are needed to get started, recommendations for the easiest way to begin the canning process, and even ideas for sourcing ingredients to preserve when you don't have your own garden. And of course, sample some of our favorite canned products. **Pre-registration required as space is limited. Childcare available; regular GROW fees apply.**

**June 20:** The Basics of Canning

**July 18:** Hot Water Bath Canning

**Aug. 8:** Pressure Canning

**Cost: \$25/class or \$60/series**

Mon. 6 p.m. – 8 p.m.

### Date Night: Salsa Contest

**Instructor: Hayley Walker, MS, RDN**

Grab a date and learn how to create a fresh tasty salsa in HARVEST with our dietitians. Utilizing fresh garden vegetables and herbs, you and your date will be able to create your very own salsa and compete against other couples in a salsa contest. Prize awarded to the winning couple!

**Cost: \$25/couple**

Tues., July 26 6 p.m. - 7 p.m.



Canning: A 3-Part Series

## Eat The Rainbow: Lunch Series

**Instructor: Deb Dillon, MS, RDN**

Eating a variety of fruits and vegetables for health means including all of the colors. Learn from our dietitians about what beneficial nutrients are in each color of food and the health benefits they provide.

**June 22:** Red/Orange

**July 20:** Yellow/Green

**Aug. 24:** Blue/Purple

**Cost: \$12/person per class**

Wednesdays 12:15 p.m. – 12:45 p.m.

## Helping Hands at HARVEST

**Instructor: Deb Dillon, MS, RDN and Hayley Walker, MS, RDN**

Inspired by Rebehak Yeary's 'Season to Thrive' program, our dietitians will demonstrate quick, easy recipes that can be made using food pantry items. This free class is offered to all Helping Hands Food Pantry clients. Participants will take home a budget-friendly cookbook filled with recipes using food pantry items.

**Cost: FREE**

Wed., Aug. 10 3 p.m. – 4 p.m.

## Mocktails in the Garden

**Instructor: Hayley Walker, MS, RDN**

Join us in our beautiful garden, HARVEST for a fun date-night making "mocktails." Learn how to build nutrient-packed, tasty mocktails perfect for a hot summer day. Create and enjoy two of your very own concoction during class.

**Cost: \$10/person**

Tues., July 19 6 p.m. – 7 p.m.

## 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., June 23 1 p.m. – 2 p.m.

Thurs., July 28 1 p.m. – 2 p.m.

Thurs., Aug. 25 1 p.m. – 2 p.m.

### Gift of Heart

**Facilitator: Amy Nierenberger**

A support group for foster, adoption and kinship families in Eaton County and the surrounding areas. Free childcare provided. Please contact Amy Nierenberger at 517.749.4136 for more information.

**Cost: FREE**

Mon., June 6 6 p.m. – 8 p.m.

Mon., Aug. 1 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.



## THINK

### WORKSHOPS

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

## 10-Year Anniversary Celebration

As a thank you to all of you that have made ALIVE the amazing place that it is, we would like to invite you to our FREE, 10-year anniversary celebration. The event will include: bounce house, virtual reality, musical entertainment, interactive activities, food, ALIVE giveaways and more family-friendly fun.

**Cost: FREE**

Sat., June 25      10 a.m. – 1 p.m.

**ALIVE INVITES YOU!**  
Join us for our FREE, fun, open-house style  
**10-Year Anniversary Celebration**  
**SATURDAY, JUNE 25, 2022**  
**10AM-1PM**

10-Year Anniversary Celebration

## 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. *Appointment required; call 517.541.5886 and schedule at a time that is convenient for you, in accordance with therapist availability.*

**Cost: FREE**

Mon. - Thurs.      6:30 a.m. – 6:30 p.m.

Fri.                      6:30 a.m. – 5:30 p.m.

## Straw Bale Garden Workshop

**Instructor: Deb Dillon, MS, RDN**

Join our dietitians in the garden to learn about this fun economical way to grow produce at your home out of a straw bale! Sessions are 30 minutes each and you can drop in for one during our 10 year anniversary party and enjoy some sunshine.

**Cost: FREE**

Sat., June 25      10 a.m. – 1 p.m.



Straw Bale Garden Workshop

## GROW

### Friday Movie Night

Lights, Camera, Action! Children of all ages are invited to join us for a PG film. Kids snack boxes (popcorn, sweet treat, bottled water) will be available for purchase \$5.

**Cost: \$5/child**

**GROW Member: FREE**

Fri., June 24	5 p.m. – 7 p.m.
Fri., July 22	5 p.m. – 7 p.m.
Fri., Aug. 26	5 p.m. – 7 p.m.

### HARVEST Garden Planting

Students of Washington Elementary and Charlotte Upper Elementary (CUE) are invited to come check out HARVEST and plant all of the produce going into their pizza and salsa gardens. Alongside dietitians, students will learn about planting and taking care of a garden.

**Cost: FREE**

Sat., June 25	10 a.m. – 1 p.m.
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Friday Movie Night

### Kids' Table

**Instructor: Adrienne Bunce**

Kids ages 5-12 learn valuable culinary skills and new recipes with a hands-on cooking experience. Our goal is to expand young taste buds to discover that “real food” can be delicious and fun to prepare.

**June 14:** Red, White & Blue Smoothies

**July 12:** Homemade Ice Cream & Toppings

**Aug. 16:** Quesadillas & Garden Fresh Salsa

**Cost: \$12/child per class**

Tues.	6 p.m. – 7 p.m.
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### Little Movers

Kids ages 5-12 participate in a variety of FUN group fitness workouts. This class will help your child improve their strength, coordination, endurance, and flexibility. This class was created to develop a foundation for a life full of health and well-being.

**Cost: \$5/child**

**GROW Member: FREE**

Tues.	6:30 p.m. – 7:15 p.m.
Thurs.	6:30 p.m. – 7:15 p.m.



Kids' Table

## Messy Monday

**Instructor: Carrie Mason**

Bring the kids and get creatively messy in this summer fun hour of 3 creation stations - bubble, slime and play-doh making. Parents/guardians help their child make a craft at each station. Dress appropriately for this hands-on fun. You make the mess, we clean up.

**Cost: \$10/child**

Wed., July 11 6:30 p.m. – 7:30 p.m.

## MyPlate: Around The World

**Instructor: Hayley Walker, MS, RDN**

Kids ages 5-12 learn about the different components of a healthy plate and explore foods from around the world. Kids will learn about one of the MyPlate components during each session in this **four-day, hands-on** healthy cooking class.

**Mon.:** Fruit - Jamaica (fruit salad) & Vegetables - Thailand (spring rolls)

**Tues.:** Grains - Mexico (brown rice burrito bowl)

**Wed.:** Dairy - Italy (caprese salad)

**Thurs.:** Protein - India (butter chicken)

**Cost: \$80/child (4-day series)**

Aug., 8-11 1 p.m. – 2:30 p.m.



Messy Monday

## Nerf War & Firearms Safety

**Instructor: Rob Gillentine**

Kids ages 6-12 will learn unique firearms safety in this educational and fun offering. After learning basic gun safety rules we will break out into a Nerf war. Kids are to provide their own nerf gun(s). Eye protection must be worn at all times.

**Cost: \$10/child**

Wed., July 13 6 p.m. – 7 p.m.

## Parents' Great Escape

**Faciliators: GROW caregivers**

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

**June 11:** School's Out Summer Bash

**July 9:** Hula Luau Island Party

**Aug. 13:** Water Wars' Super Soaker Fun

**Cost: \$25 first child**

\$20 per add'l child (same household)

**GROW Member:**

**\$20 first child**

\$15 per add'l child (same household)

Sat. 5 p.m. – 9:30 p.m.



Nerf War & Firearms Safety

## Preschool Sports Sampler

**Instructor: Kylie Berger**

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

**Cost: \$15**

**GROW Member: \$12**

**July 30 - August 13**

Sat.

10 a.m. – 11 a.m.



Preschool Sports Sampler

## 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® features Hello Lighthouse by Sophie Blackall. A new book is featured quarterly (spring, summer and fall).

## Yoga: Kids

Children ages 3-12 years old explore a variety of age-appropriate yoga poses and games. Yoga kids will help your child with flexibility, coordination, and concentration.

**Cost: \$5/child**

**GROW Member: FREE**

Wed.

5 p.m. – 5:30 p.m.



Yoga: Kids



**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 - \$19 per month
- Each additional child - \$11 per month

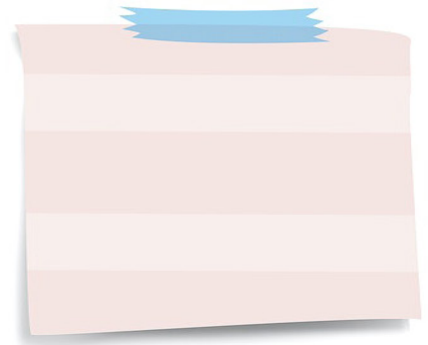
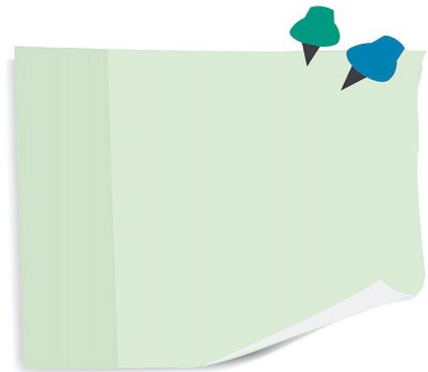
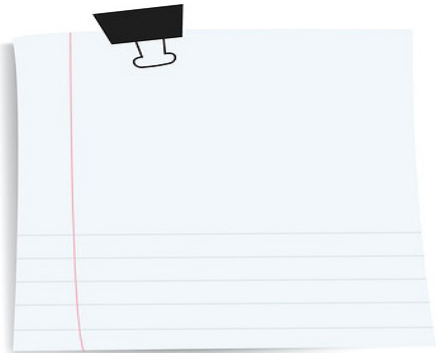
**Current hours listed on page 2.**

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

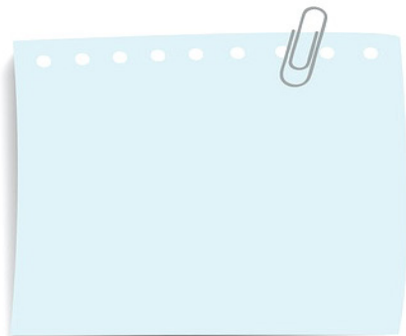
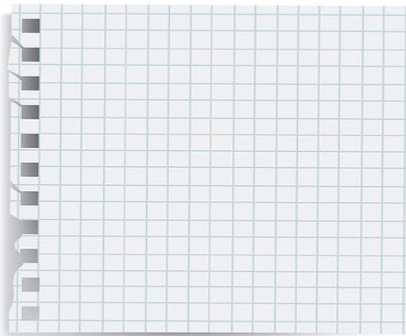
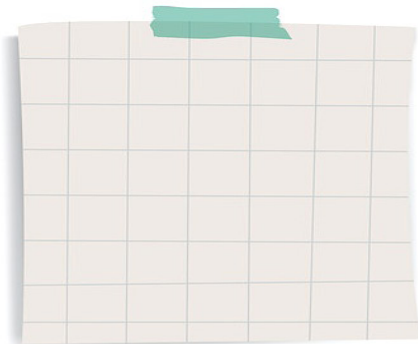


*\*Children ages 3 months to 24 months require reservations.*

**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	541.5813
COVID Testing Info	541.5817
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. 52619
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](https://Sparrow.org/Eaton).





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

Main 517.541.5800  
Fax 517.541.5810