



FALL PROGRAM GUIDE



August 27, 2018 – November 24 2018
www.myalive.com

Hours of Operation

ALIVE and MOVE

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

NOURISH by The Big Salad

Monday – Thursday	9 a.m. to 3 p.m. 3 p.m. to 7 p.m.*
Friday	9 a.m. to 3 p.m.
Saturday	10 a.m. to 1 p.m.
Sunday	Closed

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

GROW

Monday – Friday	8 a.m. to 12 p.m. 4:15 p.m. to 8 p.m.
Saturday	8 a.m. to 12 p.m.
Sunday	9 a.m. to 12 p.m.

Children ages 3 months to 24 months require reservations.

Holidays

ALIVE will be closed in observance of Labor Day (Sept. 3) and Thanksgiving (Nov. 22), and open limited hours Friday, Nov. 23 (6:30 a.m. – 3 p.m.).

In addition, NOURISH will be closed:

- Saturday, Sept. 1
- Friday, Nov. 23
- Saturday, Nov. 24



NOURISH by The Big Salad

Directory

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

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Barbara Fulton 543-1050, ext. 52408
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Registration

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

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

- **Session 1: Aug. 27 – Oct. 6**
- **Session 2: Oct. 7 – Nov. 17**
- **Make-up: Nov. 18 – Nov. 24**

Four convenient registration methods:

- Log in to myalive.com.
- Call (517) 541-5800, opt. 1, unless a different phone number is listed.
- Visit ENCOUNTER (the MOVE or FUSE front desk).
- Register at our Open House and save 10% on programs or class fees (pg. 55).

GATHER (Event Planning)

Host your next meeting or event at ALIVE. Call (517) 541-5811 for more information or to schedule a date.

LINK

Sign up for LINK for free and receive the following benefits:

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

Community LINK benefits:

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

JEM (Journey Experience Member)

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

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

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

Refunds

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

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

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



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

ALIVE Policies

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

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

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Register online at:

www.myalive.com

Register at our Open House and save 10% on programs & class fees (pg. 55).

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

Special Events

Aug. 20 Open House: Fall Pg. 55

Aug. 21 Open House: Fall Pg. 55

SEPTEMBER: Inspire

Sept. 6 Gift of Heart Pg. 46

Sept. 8 live life. Nspired. Pg. 29

Sept. 10 Mindfulness Based Stress Reduction
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Sept. 12 Traditional Russian Cooking Pg. 43
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Sept. 18 Alzheimer's Support Group Pg. 45
Professional Speaker Series:
Suicide Prevention Pg. 51

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Sept. 25 CrossFit: NewYou Challenge
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Sept. 27 Diabetes Support Group Pg. 46
Hooping 101 Pg. 28
Young Artists: Hooping Tricks Pg. 62

Sept. 29 Songwriting 101 Pg. 56

Rx – Ludwig vouchers accepted

OCTOBER: Balance

Oct. 2 Wet-Felting Make & Take Pg. 56

Oct. 3 Music Therapy Pg. 49
Plant Based Thai Pg. 42

Oct. 4 Heart Healthy Cooking: Celebrate
Flavor (Sodium-Free Seasonings) Pg. 41
Gift of Heart Pg. 46
Wet-Felting Make & Take Pg. 56

Oct. 8 Cooking for Diabetes: Break the Fast Pg. 40
Professional Speaker Series: Shoulder Pain
and Rotator Cuff Tears Pg. 50

Oct. 9 Herbs in Daily Living Pg. 48

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Heart Healthy Cooking: Taste the
Rainbow Pg. 41
Jem Survive & Thrive: Cooking for
Breast Cancer Survivors Pg. 41

Oct. 19 Halloween Dance Party Pg. 28

Oct. 20 Impression 5's Chemistry Craze,
Slime Making Pg. 58
SPOOKTACULAR Parents'
Great Escape Pg. 59

Oct. 21 Young Artists: Hooping Tricks Pg. 62

Oct. 22 Cooking for Diabetes: Hearty Fall Soups Pg. 40

Oct. 24 Healthy Crockpot Meals *Rx* Pg. 42

Oct. 25 Diabetes Support Group Pg. 46
Hooping 101 Pg. 28

Oct. 29 Community CPR/First Aid Pg. 52

Oct. 30 Intro To Guitar Begins Pg. 54
Professional Speaker Series: Foot &
Ankle Pain Pg. 50
Young Artists: Group Guitar Begins Pg. 61

NOVEMBER: Embrace

- Nov. 1 Heart Healthy Cooking: Ancient Grains **Pg. 41**
Gift of Heart **Pg. 46**
- Nov. 3 Songwriting 101 **Pg. 56**
- Nov. 5 Cooking for Diabetes: Diabetes Friendly Desserts **Pg. 40**
- Nov. 6 Know What to Expect When You Buy A Home **Pg. 49**
- Nov. 7 Professional Speaker Series: What Is Osteopathic Neuromusculoskeletal Medicine (ONMM) **Pg. 52**
Traditional Russian Cooking **Pg. 43**
- Nov. 8 Healing Hearts **Pg. 46**
- Nov. 10 Impression 5's Scribble Machines & Paper Circuits **Pg. 58**
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- Nov. 14 Healthy Holiday Baking **Rx Pg. 42**
- Nov. 15 Diabetes Support Group **Pg. 46**
Heart Healthy Cooking: Meals from the Heart **Pg. 41**
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- Nov. 17 Playmakers Satellite Store **Pg. 55**
Women's Health Experience **Pg. 57**
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- Nov. 20 Alzheimer's Support Group **Pg. 45**
Open House: Winter **Pg. 55**

Rx – Ludwig vouchers accepted

ALIVE FACTS:

Did you know the rubber flooring in EMPOWER and SPARK is made from recycled tires?



Did you know that LEAD in AWAKEN is made from century-old, reclaimed barn wood from the Michigan U.P.?



Did you know the cork flooring is made from the bark of cork trees that can be removed without harming the tree?



Did you know ASCEND, the rock wall, is one yard taller than George Washington's nose on Mount Rushmore, which is 21 feet tall?



Weekly Schedule

Mondays

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

Tuesdays

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

Wednesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–8 a.m.	Yoga: Basic (CP)
7 a.m.–9 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	TRX/Kettlebell Combo (CaD)
8:30 a.m.–9 a.m.	<i>JEM</i> Turning Point Program For Breast Cancer Survivors (KF)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Barre Above (CJ)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–11 a.m.	Yoga: Fusion (JD)
11 a.m.–12 p.m.	Family Fun Time
11:15 a.m.–12:15 p.m.	Tai Chi/Qigong Combo (ES)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:35 p.m.	PiYo (CC)
5:30 p.m.–6:15 p.m.	Zumba: Kids (JH)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Yoga: Fusion (NH)
5:45 p.m.–6:30 p.m.	Bootcamp
5:45 p.m.–6:30 p.m.	Z-Box (ED)
5:45 p.m.–6:45 p.m.	STRIDE Running Club (KP)
6 p.m.–7:45 p.m.	TOPS

6:30 p.m.–7:30 p.m.

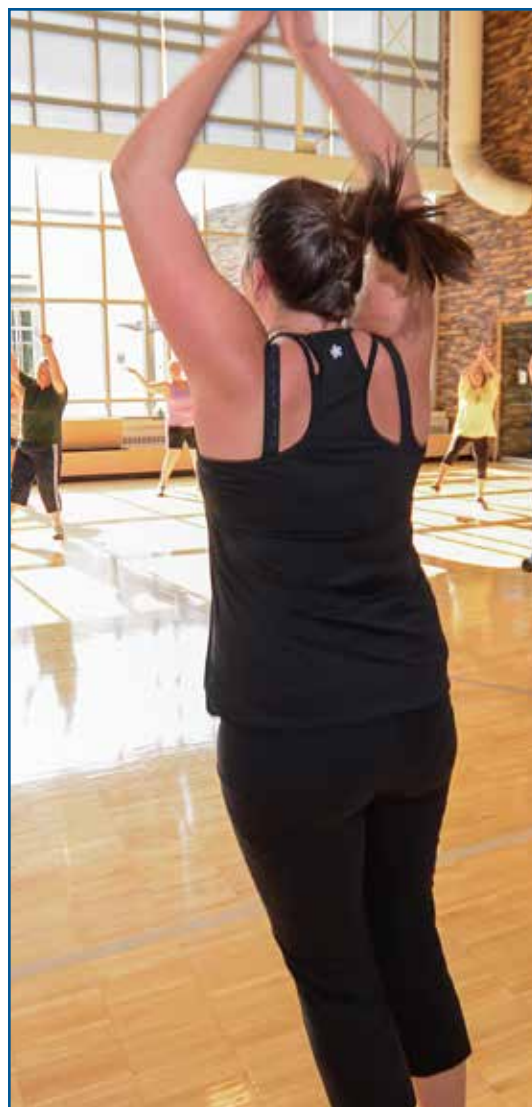
Special Olympics
Walking Club

6:35 p.m.–7:20 p.m.

Barre None (DD)

6:40 p.m.–7:40 p.m.

Yoga: Basic (NH)



Z-Box in SOAR



Bootcamp in ENERGIZE

Thursdays

- 5:30 a.m.–9 p.m. Indoor & Outdoor Walking
- 5:45 a.m.–6:30 a.m. Group Cycling (MM)
- 5:45 a.m.–6:35 a.m. PiYo (AP)
- 5:45 a.m.–6:45 a.m. CrossFit
- 6:45 a.m.–8 a.m. Basketball: All Ages Drop-In
- 8:05 a.m.–8:50 a.m. *JEM* Strength & Stability (KK)
- 9 a.m.–9:55 a.m. Yoga: Basic (JD)
- 9 a.m.–9:55 a.m. *JEM* Zumba Gold (DD)
- 9 a.m.–10 a.m. CrossFit
- 9:15 a.m.–10:15 a.m. Ping Pong
- 10 a.m.–10:30 a.m. Deep Stretch (DD)
- 10 a.m.–12 p.m. Pickleball
- 10:35 a.m.–11:10 a.m. Live Long, Live Strong (KKo)
- 10:35 a.m.–11:10 a.m. Z-Box (ED)
- 11:15 a.m.–11:45 a.m. Circuit Training (MS)
- 11:15 a.m.–12 p.m. Parkinson's Exercise Class (KKo)
- 12 p.m.–1 p.m. Basketball: Open Shoot
- 12:10 p.m.–12:28 p.m. 18-Minute Blast (MB)
- 3 p.m.–5:30 p.m. Basketball: Teen Drop-In
- 4:30 p.m.–5:20 p.m. Parkinson's Boxing Class (KS)
- 4:30 p.m.–5:30 p.m. CrossFit
- 4:45 p.m.–5:30 p.m. Group Cycling: Spin & Sculpt (CD)
- 5:30 p.m.–6:30 p.m. CrossFit
- 5:30 p.m.–6:30 p.m. Yoga: Fusion(AT)
- 5:45 p.m.–6:30 p.m. Tabata Bootcamp (DD)
- 5:45 p.m.–6:30 p.m. Tween Fitness (JM)
- 6:30 p.m.–7:30 p.m. CrossFit
- 6:35 p.m.–7:20 p.m. Zumba (DD)
- 6:40 p.m.–7:40 p.m. Yoga: Power (NH)
- 6:45 p.m.–8:55 p.m. Basketball: Adult Drop-In

Fridays

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



Basketball in SOAR

Saturdays

7 a.m.–5 p.m.	Indoor & Outdoor Walking
8 a.m.–10 a.m.	Basketball: Adult Drop-In
8:05 a.m.–8:55 a.m.	PiYo (AP)
9 a.m.–9:55 a.m.	Zumba (JH)
9 a.m.–10 a.m.	<i>gem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic (NH)
11 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 a.m.	CrossFit
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
12 p.m.–1 p.m.	Rock Climbing
1:15 p.m.–2:45 p.m.	Volleyball: Drop-In

Sundays

9 a.m.–10 a.m.	<i>gem</i> BRIDGE: Women-Only Workout
9 a.m.–5 p.m.	Indoor & Outdoor Walking
10 a.m.–10:45 a.m.	Bootcamp
10 a.m.–12 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Ping Pong
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2 p.m.	Group Cycling: Virtual Ride



PULSE in MOVE

Instructors

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

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



Walking chips for EXPLORE

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

15-Minute Abs (B, I)

Feel the burn with this quick 15-minute ab workout. Leave feeling like you have abs of steel.

Cost: \$20/six-week session
MOVE Member: FREE

Mon.	6:15 a.m. – 6:30 a.m.
Wed.	6:15 a.m. – 6:30 a.m.
Fri.	6:15 a.m. – 6:30 a.m.

18-Minute Blast (B, I)

Charlotte's only 18-minute workout. Cardio and strength exercises are combined to work a lot of muscles in a short amount of time.

Cost: \$20/six-week session
MOVE Member: FREE

Tues.	12:10 p.m. – 12:28 p.m.
Thurs.	12:10 p.m. – 12:28 p.m.

30-Minute Blast (I, A)

Only a half-hour to workout? No problem. This class has advanced, bootcamp-style exercises that provide a quick, intense and energizing workout.

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

Mon.	5:45 a.m. – 6:15 a.m.
Wed.	5:45 a.m. – 6:15 a.m.
Fri.	5:45 a.m. – 6:15 a.m.

Barre Above (B, I, A)

Work to sculpt and tone muscles, as well as increase flexibility and balance using the Lebert Equalizer bars. Experience barre challenges in an entirely new way.

Cost: \$45/six-week session
MOVE Member: \$15/six-week session
 Wed. 10 a.m. – 10:45 a.m.

Barre None (B, I, A)

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

Cost: \$30/six-week session
MOVE Member: FREE
 Mon. 11 a.m. – 11:45 a.m.
 4:45 p.m. – 5:30 p.m.
 Wed. 6:35 p.m. – 7:20 p.m.
 Fri. 11 a.m. – 11:45 a.m.
 Sat. 11 a.m. – 11:45 a.m.

Basketball: Adult Drop-In

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

Cost: \$4/drop-in
MOVE Member: FREE
 Mon. 12 p.m. – 1 p.m.
 Tues. 7:15 p.m. – 8:55 p.m.
 Wed. 12 p.m. – 1 p.m.
 Thurs. 6:45 p.m. – 8:55 p.m.
 Fri. 12 p.m. – 1 p.m.
 Sat. 8 a.m. – 10 a.m.
 Sun. 10 a.m. – 12 p.m.

Basketball: All Ages Drop-In

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

Cost: \$4/drop-in
MOVE and GROW Members: FREE
 Tues. 5:45 a.m. – 8 a.m.
 Thurs. 6:45 a.m. – 8 a.m.
 Fri. 5:45 a.m. – 7 a.m.
 6 p.m. – 8:55 p.m.

Basketball: Open Shoot

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

Cost: FREE
 Tues. 12 p.m. – 1 p.m.
 Thurs. 12 p.m. – 1 p.m.
 Sat. 12 p.m. – 1 p.m.
 Sun. 12 p.m. – 1 p.m.

Basketball: Teen Drop-In

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

Cost: \$4/drop-in
MOVE Member: FREE
 Mon. 3 p.m. – 4:30 p.m.
 Tues. 3 p.m. – 4:30 p.m.
 Wed. 3 p.m. – 4:30 p.m.
 Thurs. 3 p.m. – 5:30 p.m.
 Fri. 3 p.m. – 5:30 p.m.

Bootcamp (I, A)

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

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

Mon.	5:45 p.m. – 6:30 p.m.
Wed.	5:45 p.m. – 6:30 p.m.
Sun.	10 a.m. – 10:45 a.m.

Jem BRIDGE: Women-Only Workout

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

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

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

CardioFix/Pilates Plus (B, I, A)

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

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

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



CardioFix/Pilates Plus in ENERGIZE

Cardio Hip Hop (B, I)

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

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

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

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

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

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

CORE DE FORCE (B, I, A)

Empowering MMA-style program: punch, kick and jab to a hard core body. Sculpt total-body definition by using body weight only as resistance.

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

Tues.	10:35 a.m. – 11:05 a.m.
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CORE DE FORCE in ENERGIZE

CrossFit: NewYou Challenge (B)

This introductory program provides guidance, structure and accountability in the areas of form and technique on CrossFit movements. It also includes counsel in the areas of nutrition and developing a healthy mindset to achieve goals. *Orientation 20 a.m., Sept. 22. Call (517) 231-6971 to register.*

Cost: \$300

Sept. 25 – Nov. 3

Tues. & Thurs. 6:45 a.m. – 7:45 a.m.

Tues. & Thurs. 7:30 p.m. – 8:30 p.m.

Sat. 10 a.m. – 11 p.m.

CrossFit (I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. See CrossFit: NewYou Challenge for those getting started. **There is a \$40 enrollment fee with membership.**

Cost: \$80/month

MOVE Member: \$50/month

Drop-in: \$15/class

See page 36 for days and times.

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. 11 a.m. – 11:25 a.m.

Fun Fitness (B)

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

Cost: \$4/drop-in

MOVE Member: FREE

Mon. 10 a.m. – 10:45 a.m.

Wed. 10 a.m. – 10:45 a.m.

Fri. 10 a.m. – 10:45 a.m.

Group Cycling (B, I, A)

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

Cost: MOVE guest pass

MOVE Member: FREE*

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

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

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

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

Cost: MOVE guest pass

MOVE Member: FREE*

Tues. 8:05 a.m. – 8:50 a.m.

4:45 p.m. – 5:30 p.m.

Thurs. 4:45 p.m. – 5:30 p.m.

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

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

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

MOVE Member: FREE

Mon.	12 p.m. – 1 p.m.
Wed.	12 p.m. – 1 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	12 p.m. – 1 p.m.
Sun.	1 p.m. – 2 p.m.

Halloween Dance Party

Instructor: ALIVE group-ex instructors

Put on a Halloween costume and get your boogie on. Halloween-themed decor, music and more! Ages 13 and up. Childcare available (regular rates/policies apply).

Cost: \$5

Fri., Oct. 19	7 p.m. – 8 p.m.
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Hooping 101 (B, I, A)

Instructor: Nat Spinz

Hula hooping isn't just kid-stuff. Hoop dancing is a form of exercise and movement meditation. Hoops available to borrow or buy. All skill levels welcome.

Cost: \$10

Thurs., Sept. 27	6:30 p.m. – 7:30 p.m.
Thurs., Oct. 25	6:30 p.m. – 7:30 p.m.



live life. Nspired.

Indoor & Outdoor Walking

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

Cost: FREE

live life. Nspired.

This annual HGB 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 for early registration dates and race start times.

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

Sat., Sept. 8	Registration: 8 a.m. Race start: 9:45 a.m.
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Live Long, Live Strong (B, I)

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

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

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



Live Long, Live Strong in LEARN

Parkinson's Boxing Class NEW

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

Cost:	\$4/drop-in
MOVE Member:	FREE
Mon.	4:30 p.m. – 5:20 p.m.
Thurs.	4:30 p.m. – 5:20 p.m.

Parkinson's Exercise Class

Designed as a next step for graduates of the LSVT BIG program. Involves exercises and techniques to minimize or eliminate symptoms for individuals dealing with Parkinson's disease.

Cost:	\$4/drop-in
MOVE Member:	FREE
Tues.	11:15 a.m. – 12 p.m.
Thurs.	11:15 a.m. – 12 p.m.

Pickleball

Challenge a friend to this fun game that appeals to all ages. Call ahead to reserve court space – 60-minute maximum per reservation. Rules and instructions available. Ages 6 and up.

Cost:	\$4/drop-in*
MOVE Member:	FREE
Mon.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Tues.	10 a.m. – 12 p.m.
Wed.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Thurs.	10 a.m. – 12 p.m.
Fri.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.

**Eaton Area Senior Center Members: \$2/drop-in*

Ping Pong

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

Cost:	\$4/drop-in
MOVE Member:	FREE
Tues.	9:15 a.m. – 10:15 a.m.
Thurs.	9:15 a.m. – 10:15 a.m.
Sun.	12 p.m. – 1 p.m.

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

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

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

R.I.P.P.E.D./Rumble (I, A) NEW

Take our popular R.I.P.P.E.D. class and then transition directly into Rumble for a great cardio and martial arts finish with a Rumble stick.

Cost:	\$30/six-week session
MOVE Member:	FREE
Mon.	7:20 p.m. – 8:05 p.m.



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

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.

Rumble (I, A)

Like R.I.P.P.E.D., Rumble is formulated with systematic, science-based techniques that are safe, effective and fun. Fuse cardio and martial arts using a Rumble stick.

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

Tues. 7 p.m. – 7:45 p.m.

Jem Strength & Stability (B, I)

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

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

Thurs. 8:05 a.m. – 8:50 a.m.

STRIDE Running Club

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

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

Mon. 5:45 p.m. – 6:45 p.m.

Wed. 5:45 p.m. – 6:45 p.m.

Tabata Bootcamp (B, I, A)

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

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

Mon. 9 a.m. – 9:50 a.m.

Wed. 9 a.m. – 9:50 a.m.

Thurs. 5:45 p.m. – 6:30 p.m.

Fri. 9 a.m. – 9:50 a.m.

4:45 p.m. – 5:30 p.m.

TRX/Kettlebell Combo (I, A)

Engage and tone core muscles with these two pieces of equipment that take posture, technique and overall workout to the next level. Complete a variety of challenging strength and cardiovascular exercises to sculpt the entire body.

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

Mon. 8:05 a.m. – 8:50 a.m.

Wed. 8:05 a.m. – 8:50 a.m.



TRX/Kettlebell Combo in SPARK

Turbo Kick/PiYo (I, A)

Jab, hook and cross your way into sculpted muscles. A great cardiovascular workout combined with punch, kick and H.I.I.T. combos. Transition right into PiYo's flow, core and more.

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

Mon. 6:15 p.m. – 7:15 p.m.

Volleyball: Drop-In

Full access to SOAR to organize a pick-up game, work on skills and have fun.

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

Sat. 1:15 p.m. – 2:45 p.m.

Z-Box (B, I)

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

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

Wed. 5:45 p.m. – 6:30 p.m.

Thurs. 10:35 a.m. – 11:10 a.m.



TurboKick/PiYo in SOAR

Zumba (B, I)

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

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

Tues. 5 p.m. – 5:55 p.m.

Thurs. 6:35 – 7:20 p.m.

Sat. 9 a.m. – 9:55 a.m.

J&M Zumba Gold (B, I)

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

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

Tues. 9 a.m. – 9:55 a.m.

Thurs. 9 a.m. – 9:55 a.m.

**Eaton Area Senior Center Members: \$20/six-week session*



J&M Zumba Gold

CrossFit at ALIVE

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



Mon. – Thurs.	5:45 a.m. – 6:45 a.m.
	9 a.m. – 10 a.m.
	4:30 p.m. – 5:30 p.m.
	5:30 p.m. – 6:30 p.m.*
Friday	6:30 p.m. – 7:30 p.m.
	5:45 a.m. – 6:45 a.m.
	9 a.m. – 10 a.m.
	4:30 p.m. – 5:30 p.m.
Saturday	5:30 p.m. – 6:30 p.m.*
	9 a.m. – 10 a.m.
	11 a.m. – 12 a.m.^

* Skill development and training

^ Gymnastics and Olympic weightlifting fundamentals

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

BREATHE

Deep Stretch (B, I)

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

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

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

Pilates: Basic Matwork (B)

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

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

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

PiYo (I, A)

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

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

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

Tai Chi/Qigong Combo (B)

Tap into the body's innate healing ability. While focusing on the ten ways to cultivate and master qi or "life energy" the body can repair, restore and rejuvenate. Learn Tai-Chi moves and practice self-healing techniques to feel better with a clear mental focus.

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

Wed. 11:15 a.m. – 12:15 p.m.

Yoga: Basic (B)

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

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

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

Tues. 9 a.m. – 9:55 a.m.

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

Thurs. 9 a.m. – 9:55 a.m.

Fri. 10 a.m. – 10:55 a.m.

Sat. 10 a.m. – 10:55 a.m.



Yoga: Basic

Yoga: Fusion (I, A)

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

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

Mon. 10 a.m. – 10:55 a.m.

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

Thurs. 5:30 p.m. – 6:30 p.m.

Yoga: Power (I, A)

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

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

Thurs. 6:40 p.m. – 7:40 p.m.



Yoga: Power in DIRECT

EAT

BE WELL IN THE KITCHEN

Be well every day with these free community classes that teach how to cook healthy. Made possible by Sparrow Hospital's Be Well in the Kitchen grant funding.

Cooking for Diabetes

Instructor: Ashley Riley, RDN

Learn about nutrition that supports diabetes prevention while savoring delicious, healthy food. Classes focus on carb counting, label-reading and heart-healthy principles. *Limited to 16 people per class.*

- Sept. 24: Faux Pasta
- Oct. 8: Break the Fast
- Oct. 22: Hearty Fall Soups
- Nov. 5: Diabetes Friendly Desserts

Cost: FREE

Mondays 6 p.m. – 7:30 p.m.



Be Well Cooking Class in RELISH

Heart Healthy Cooking

Instructor: Ashley Riley, RDN

Learn about heart-healthy nutrition while enjoying delicious, flavorful food. Classes focus on increasing fiber, fruits, vegetables and whole grains, while decreasing saturated fat and sodium intake. *Limited to 16 people per class.*

- Oct. 4: Celebrate Flavor
(Sodium-Free Seasonings)
- Oct. 18: Taste the Rainbow
- Nov. 1: Ancient Grains
- Nov. 15: Meals from the Heart

Cost: FREE

Thursdays 12 p.m. – 1:30 p.m.

JEM **Survive & Thrive: Cooking for Breast Cancer Survivors**

Instructors: Ashley Riley, RDN & Deb Dillon, MS, RDN

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

Cost: FREE

Thurs., Oct. 18 6 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted



Be Well Cooking Class in RELISH

DEMONSTRATIONS

Be inspired to try something new and watch the chef prepare generous samples. Acquire and learn new techniques from various cooking styles that ignite a passion for cooking.

Healthy Crockpot Meals *Rx*

Instructor: Deb Dillon, RDN

Planning meals ahead can be tricky with a busy schedule. See how simple it is to prepare healthy dinners using a crockpot.

Cost: \$20

Wed., Oct. 24 6 p.m. – 7:30 p.m.

Healthy Holiday Baking *Rx*

Instructor: Ashley Riley, RDN

Seasonal baking can make it difficult to maintain healthy habits. Learn to bake for the holidays without blowing the calorie bank and still enjoying great flavor.

Cost: \$20

Wed., Nov. 14 6 p.m. – 7:30 p.m.

Plant-Based Thai

Instructor: Karen Cross

Learn to create vegan-friendly Thai food. Watch how Thai basil fried rice, fresh spring rolls, tangy lime dipping sauce and Thai tea are made. Savor, enjoy and re-create these healthy, flavorful dishes at home.

Cost: \$25

Wed., Oct. 3 6:30 p.m. – 7:30 p.m.

Traditional Russian Cooking

Instructor: Inna Phelps

Feel like a Russian chef for the evening in a unique experience preparing traditional Russian food. Be entertained with comical stories from the chef, a Russian native. Leave educated and full from the delicious creations.

Cost: \$25 per class

Wed., Sept. 12 6 p.m. – 7:30 p.m.

Wed., Nov. 7 6 p.m. – 7:30 p.m.

WORKSHOPS

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

Date Night: Sushi

Instructor: Christina Campbell & Ellen Dreps

Create two delicious custom sushi rolls in this hands-on class. Get rolling with a ginger salad, handmade rolls and finish with a surprise dessert. Childcare is available for an additional cost.

Cost: \$30/couple

Fri., Sept. 21 6:30 p.m. – 8 p.m.



Plant Based Thai

Fall French Macarons

Instructor: Brooke Lafore

Making these stunning cookies isn't hard, they just take a little extra love. Learn the techniques and science behind macarons as you create a dozen to take home with an autumn twist.

Cost: \$30

Fri., Oct. 12

6:30 p.m. – 8 p.m.



Fall French Macarons

SUPPORT

Alzheimer's Support Group

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

Cost: FREE

Tues., Sept. 18 1:30 p.m. – 2:45 p.m.

Tues., Oct. 16 1:30 p.m. – 2:45 p.m.

Tues., Nov. 20 1:30 p.m. – 2:45 p.m.

CanHope Support Group

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

Cost: FREE

Mon., Sept. 17 6:30 p.m. – 8 p.m.

Mon., Oct. 15 6:30 p.m. – 8 p.m.

Mon., Nov. 19 6:30 p.m. – 8 p.m.



Diabetes Support Group

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating.

Sept. 27: Secondary Complications of Uncontrolled Diabetes

Oct. 25: Diabetes Medicine

Nov. 15: Heart Healthy Food Choices – Good Fats and Bad Fats

Cost: FREE

Thurs., Sept. 27 6:30 p.m. – 8 p.m.

Thurs., Oct. 25 6:30 p.m. – 8 p.m.

Thurs., Nov. 15 6:30 p.m. – 8 p.m.

Gift of Heart

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

Thurs., Sept. 6 6 p.m. – 8 p.m.

Thurs., Oct. 4 6 p.m. – 8 p.m.

Thurs., Nov. 1 6 p.m. – 8 p.m.

Healing Hearts

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

Cost: FREE

Thurs., Sept. 13 6:30 p.m. – 8 p.m.

Thurs., Oct. 11 6:30 p.m. – 8 p.m.

Thurs., Nov. 8 6:30 p.m. – 8 p.m.

Special Olympics Walking Club

Leader: Heather Herber

Special Olympics athletes and families are invited to join this weekly walk. A great way to encourage healthy activity, and see friends outside of regular Special Olympics sports practices. Both indoor and outdoor walking available (weather dependent). Indoor walking path is handicap accessible. For more information or to register, call (517) 983-1163.

Wed. 6:30 p.m. – 7:30 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Visit www.tops.org for information on pricing and promotions or call (517) 388-0581.

Wed. 6 p.m. – 7:45 p.m.

JEM Turning Point Program For Breast Cancer Survivors

Leader: Kim Freiburger

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

Cost: FREE

Wed. 8:30 a.m. – 9 a.m.*

*Sessions may also be scheduled based upon participant availability.

THINK

PRESENTATIONS

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

JEM Cake & Crafting

Presenter: Inna Phelps

Learn about *JEM* opportunities while taking part in a facilitated crafting session. Create a traditional Russian good-luck charm and be entertained by our host, a Russian native. Mingle and enjoy refreshments including cake and tea. Space is limited.

Cost: \$15

Wed., Oct. 17 6 p.m. – 7 p.m.

Caregiver Wellness Day

Presenter: MSU Extension

Family caregivers of an adult living with dementia are invited to take part in a relaxing, fun day. Enjoy lunch, restorative activities and more. *Registration is required; call (517) 541-5800, opt. 1. Space is limited.*

Cost: FREE

Thurs., Sept. 20 10 a.m. – 2 p.m.

Herbs in Daily Living

Presenter: Kristie Licht

Learn how herbs can aid you in day-to-day living, including first-aid treatments, sleep support, anti-inflammatories and more.

Cost: FREE

Tues., Oct. 9 6 p.m. – 7 p.m.

Know What to Expect When You Buy A Home

Presenter: Heather Bostater

Prepare to purchase a new home including pre-qualification for a home loan, and understanding the loan process, how the underwriter looks at a loan, closing costs, qualifying ratios and compensating factors, as well as the components of a mortgage payment.

Cost: FREE

Tues., Nov. 6 5:30 p.m. – 6:30 p.m.

Medicare 101

Presenter: AARP representatives

No matter where you're headed in life, Medicare will be part of it and help protect your health and wallet. AARP helps you understand Medicare to get the most out of coverage. The program breaks down Medicare's parts, choices and deadlines to decide the best fit.

Cost: FREE

Tues., Sept. 25 1 p.m. – 3 p.m.

Music Therapy

Presenter: Clint Dickerson

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

Cost: FREE

Wed., Oct. 3 5:30 p.m. – 7 p.m.

Professional Speaker Series: Foot & Ankle Pain

Speaker: Dr. Karl Dunn

Learn current, up-to-date treatment options for foot and ankle pain, including arthritis and other conditions. *Lunch provided for those who pre-register by Friday, Oct. 26; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., Oct. 30 11:30 a.m. – 1 p.m.

Professional Speaker Series: Shoulder Pain and Rotator Cuff Tears

Speaker: Dr. Nicholas Doman

A rotator cuff tear is a common cause of pain and disability in adults, and will weaken the shoulder. It is caused by normal wear and tear that comes along with aging. Adults over 40 are at the greatest risk, and the injury can make daily activities challenging and painful. Dr. Doman from Eaton Regional Orthopedics will talk about the risks, symptoms and treatment options for shoulder pain caused by rotator cuff tears, up to and including reverse total shoulder replacements. *Light refreshments included; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Mon., Oct. 8 5:30 p.m. – 6:30 p.m.

Professional Speaker Series: Living A Distressed Life

Speaker: Laura Kay

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

Cost: FREE

Mon., Nov. 12 6 p.m. – 7 p.m.

Professional Speaker Series: Suicide Prevention

Speaker: Vicky Mennare

Cover the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how, together, we can help prevent it. *Light refreshments included; call (517) 541-5800, opt. 1 to register.*

Cost: FREE

Tues., Sept. 18 6 p.m. – 7:30 p.m.



Professional Speaker Series: Living A Distressed Life

Professional Speaker Series: What is Osteopathic Neuromusculoskeletal Medicine (ONMM)?

Speaker: Dr. Jamie Mueller-Smith

Come learn exactly what ONMM is and how it can help you. The presentation breaks down how ONMM was invented, what it is used for, and how it is applied. *Lunch is provided for those who pre-register by Friday, Nov. 2; call (517) 541-5800, opt. 1.*

Cost: FREE

Wed., Nov. 7 11:30 a.m. – 1 p.m.

WORKSHOPS

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

Community CPR/First Aid

Instructor: Eaton Area EMS staff

Full American Heart Association CPR certification course and full first aid certification for the layperson. Covers infant, child and adult CPR, AED and first-aid skills for medical and environmental emergencies, including Epipen usage. *Limited to 12 participants.*

Cost: \$60

Mon., Oct. 29 5:45 p.m. – 8:45 p.m.



Glam-O-Lanterns

Glam-O-Lanterns

Instructor: Katie Emery

Bring two clean pumpkins (real or fake) to decorate. Using jewels, paints, sparkles, glue guns and more, you are guided through this hands-on project to "glam up" jack-o-lanterns! *Limited to 18 participants.*

Cost: \$10

Thurs., Oct. 18 5:45 p.m. – 6:45 p.m.

HGB Annual Gala

Join us for another enjoyable Gala experience, including food and beverages, auction items, entertainment and more as HGB's 85th birthday is celebrated. Open to all who are looking for a creative and memorable way to support HGB and its initiatives. Contact HGB Community Development at give@hgbhealth.com for more information.

Cost: \$25

Thurs., Sept. 13 7 p.m. – 10 p.m.



HGB Annual Gala

Intro to Guitar

Instructor: Clint Dickerson

This introductory lesson teaches how to hold and tune a guitar, read sheet music and count musically, as well as play notes and introduces beginning chords. Bringing own guitar is encouraged, but not mandatory (a limited amount of guitars will be available during class time for participants). Ages 18 and up.

Cost: \$40/session

Sept. 25–Oct. 16 Tues. 6:45 p.m. – 7:45 p.m.

Oct. 30–Nov. 20 Tues. 6:45 p.m. – 7:45 p.m.

Mindfulness Based Stress Reduction

Instructor: Laura Kay

This program developed by Jon Kabat-Zinn has been highly respected within the medical community for 35 years. The fundamental benefit of Mindfulness Based Stress Reduction (MBSR) is improvement of overall health and well-being. Learn mindful eating, moving, listening, communication and much more. *Full day session held 9 a.m. to 3:30 p.m., Sat., Oct. 20.*

**Cost: \$275 (by Aug. 31)
\$300 (by Sept. 9)**

Sept. 10 – Oct. 29 Mon. 6:30 p.m. – 9 p.m.



Intro to Guitar

Open House: Fall

A quarterly event that focuses on upcoming programming and experiences. Purchase custom products, receive 10% off registrations, enjoy tours and more. Available **only** during the open house times listed below.

Cost: FREE

Mon., Aug. 20 5 p.m. – 7 p.m.

Tues., Aug. 21 10 a.m. – 12 p.m.

Open House: Winter

A quarterly event that focuses on upcoming programming and experiences. Purchase custom products, receive 10% off registrations, enjoy tours and more. Available **only** during the open house times listed below.

Cost: FREE

Mon., Nov. 19 5 p.m. – 7 p.m.

Tues., Nov. 20 10 a.m. – 12 p.m.

Playmakers' Satellite Store

Visit Playmakers at ALIVE for an exclusive two-day holiday sale. Includes popular brands like Brooks, New Balance, Keen, Smartwool, Inov-8 and more!

Cost: FREE

Fri., Nov. 16 11 a.m. – 6 p.m.

Sat., Nov. 17 10 a.m. – 1 p.m.



Playmakers' Satellite Store

Songwriting 101

Instructor: Clint Dickerson

Learn basic elements of a song and its structure, including how to begin creating a song, where to find inspiration, various song writing styles, how to protect and copyright the finished product, where songs can be used and how to make it a career. Writing a song as a group is an interactive component of the class. Pen and paper is encouraged. Ages 13 and up.

Cost: \$20

Sat., Sept. 29 10:30 a.m. – 12 p.m.

Sat., Nov. 3 10:30 a.m. – 12 p.m.

Wet-Felting Make & Take

Instructor: Cora Foley

Learn the ancient method of wet-felting natural fibers to create a lightweight scarf "art-cessory." Wet-felting involves soap, water and agitation/friction to bond loose fibers into fabric with no base layer. Uses only natural fiber such as Merino and Alpaca wool. Materials and essential tools provided. Participants should bring a couple old bath towels, a plastic bag to take home wet items, and dish gloves if hands are sensitive.

Cost: \$50

Wed., Sept. 12 1:30 p.m. – 4 p.m.

Tues., Oct. 2 10:30 a.m. – 1 p.m.

Thurs., Oct. 4 4:30 p.m. – 7 p.m.



Wet-Felting Make & Take

Women's Health Experience

Celebrate this annual event that focuses on five dimensions of women's health: DO, BREATHE, EAT, THINK and SUPPORT. Event features include: lunch from NOURISH by The Big Salad, educational and interactive booths, healthy cooking demos, group exercise demos, Playmaker's satellite store, free childcare in GROW and more.

Cost: FREE

Sat., Nov. 17

10 a.m. – 1 p.m.



Women's Health Experience

GROW

Family Fun Time

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

Cost: FREE

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

Impression 5's Chemistry Craze, Slime Making

Put on a lab coat and get ready to experiment with chemistry reactions. Includes your own slime lab where you experiment with making slime. Get ready for a sticky but fun time. Ages 6 and up.

Cost: \$15

GROW Member: \$12

Sat., Oct. 20	10 a.m. – 11:30 a.m.
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Impression 5's Scribble Machines & Paper Circuits

Make your own scribbling machines that create amazing art. Create a simple circuit using LEDs and copper tape to let art and science combine for an awesome experience. Ages 6 and up.

Cost: \$15

GROW Member: \$12

Sat., Nov. 10	10 a.m. – 11:30 a.m.
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Parent-Child Wreath Workshop

Instructor Linda Yeager

Create show off your own wreath this fall together with mom or dad. All materials are provided to make a decorative, grapevine wreath. Ideas will be shared on how to change it seasonally to create versatility.

Cost: \$20/parent-child combo

Sun., Oct. 14	1:30 p.m. – 3 p.m.
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SPOOKTACULAR Parents' Great Escape

Parents, drop the kids off for an evening of Halloween fun. Costumes are encouraged. Ages 3-12 can stay until 10 p.m. (young children must be fully potty-trained). Supervised activities include: Halloween-themed arts and crafts, scavenger hunt, group games, rock wall (45 lbs. and up) and more. Pizza dinner provided. *Pre-registration required by Wednesday, Oct. 17.*

Cost: \$15 first child

\$10 per add'l child (same household)

GROW Member: \$13.50 first child

\$9 per add'l child (same household)

Sat., Oct. 20	6 p.m. – 10 p.m.
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Impression 5's Chemistry Craze, Slime Making

StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Enjoy a picture book and some simple activities that will engage the whole family. This fall's StoryWalk® features Bubble Gum, Bubble Gum by Lisa Wheeler. Available to read in braille. A new book is featured quarterly (summer, fall and spring).

Cost: FREE

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try the rock climbing safari on ASCEND. Receive a sticker for the highest level attained. **See page 32 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.

Tail Wagging Tutors

Kids, read to Maggie or Ernie, certified therapy dogs. Bring a book to read or select from the many books in GROW. Maggie and Ernie love them all. *Call for this month's dates and times at (517) 541-5803.*

Cost: FREE



Storywalk®

Tween Fitness

Children ages 8-12 participate in a variety of facilitated sports, fitness and recreational games. Make fitness fun by encouraging physical activity as a lifestyle.

Cost: GROW drop-in rates
GROW Member: FREE

Thurs. 5:45 p.m. – 6:30 p.m.

Yoga: Kids

Children ages 3-12 explore a variety of age-appropriate yoga poses and games, learn how to focus and center themselves, as well as improve strength, flexibility and coordination. Develop a foundation for a life of well-being.

Cost: GROW drop-in rates
GROW Member: FREE

Tues. (ages 3-5) 5:45 p.m. – 6:15 p.m.

Tues. (ages 6-12) 6:15 p.m. – 6:45 p.m.

Young Artists: Group Guitar

Instructor: Clint Dickerson

This introductory lesson teaches how to hold and tune a guitar, read sheet music and count musically, as well as play notes and introduces beginning chords. Bringing own guitar is encouraged, but not mandatory (a limited amount of guitars will be available during class time for participants). Ages 7-12.

Cost: \$40/session

Sept. 25-Oct. 16 Tues. 5:30 p.m. – 6:30 p.m.

Oct. 30-Nov. 20 Tues. 5:30 p.m. – 6:30 p.m.

Young Artists: Hooping Tricks

Instructor: Nat Spinz

Learn the latest tips and tricks to take hula-hooping skills to a new level of fun. Hoops available to borrow or buy. All skill levels welcome. Ages 6-12.

Cost: \$10

Thurs., Sept. 27 5:30 p.m. – 6:30 p.m.
Sun., Oct. 21 2 p.m. – 3 p.m.

Zumba: Kids

Children ages 3-12 learn kid-friendly routines based on original Zumba choreography. Steps are broken down; games, activities and cultural exploration elements added into class.

Cost: GROW drop-in rates
GROW Member: FREE

Mon. 5:30 p.m. – 6:15 p.m.
Wed. 5:30 p.m. – 6:15 p.m.



Zumba: Kids



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

COST:

- \$4 per child per visit
- \$3 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$16 per month
- Each additional child - \$11 per month

Current hours listed on page 2.

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



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



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