



FALL PROGRAM GUIDE



Sept. 1, 2014 – Nov. 30, 2014
www.myalive.com

Hours of Operation

ALIVE and MOVE

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

NOURISH by The Big Salad

Monday – Friday	7 a.m. to 7 p.m.
Saturday	9 a.m. to 1 p.m.
Sunday	Closed

GROW

Monday – Thursday	8 a.m. to 12 p.m. 4:15 p.m. to 8 p.m.
Friday	8 a.m. to 12 p.m.
Saturday	5:30 p.m. to 7:30 p.m. 8 a.m. to 12 p.m.

Holidays

ALIVE will be closed:

- Labor Day: Monday, Sept. 1
- Annual HGB Gala event (*no evening fitness programming*): Thurs., Sept. 11
- Thanksgiving: Thursday, Nov. 27



Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	543-9575
Creationaires	541-5811
Diabetes Education	543-1050, ext. 1727
EMPOWER (Rehab)	541-5800, opt. 2
GATHER (Event Planning)	541-5811
GROW (Childcare)	541-5803
JOURNEY (Women's Health)	541-5805
MOVE (Fitness Center)	543-9575
NOURISH by The Big Salad (Cafe)	541-5815
FUSE (Spa Services)	543-9575

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Registration

Register early to ensure your 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: Sept. 2 – Oct. 12**
- **Session 2: Oct. 13 – Nov. 23**
- **Make-Up: Nov. 24 – Nov. 30**

Three convenient registration methods:

- Log in to myalive.com. (*Register online and save \$1 on program or class fees.*)
- Call (517) 543-9575.
- Visit the front desk in MOVE.

GATHER (Event Planning)

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

L!NK

Sign up for L!NK at ALIVE and receive the following benefits:

- Simplified check-in
- Customized experiences when receiving therapy or spa services
- Games, ebook readers or digital music players available for check out
- Email notifications on new programs, classes and special events
- Participation in ALIVE programs
- Charge ALIVE purchases and services
- Frequency reward programs
- Plus many more benefits to come

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 until 4 p.m., the Friday before a class session begins to receive a refund.

There will be no refunds or rebates for classes missed due to illness, travel or other reasons.

ALIVE
is excited
to announce
NOURISH by
The Big Salad
coming in
October!

The Big Salad offers a variety of fresh salad and sandwich options, as well as soup. They will also continue to offer the smoothies and coffee you enjoy from NOURISH currently.



www.thebigsalad.net

ALIVE Policies

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

- NOURISH by The Big Salad is available (beginning Oct. 6) 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 entrance. Please refrain from bringing bags and jackets into class. 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.
- 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.)
- Teens ages 13 to 17 are permitted to use ALIVE without supervision if a Teen Safety Sheet has been signed by a parent or guardian.
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Basketballs and other recreational equipment are stored in the benches in SOAR and are available for visitors' use. Please return all items to their original location after use.
- The ALIVE campus is tobacco-free.

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DIRECT in GATHER

Special Events

SEPTEMBER: Inspire

- Sept. 3 Combat Training begins (Pg. 21)
Creative Cafe (Pg. 43)
- Sept. 4 Kindermusik: Pet Parade begins (Pg. 48)
- Sept. 6 live life. Nspired (Pg. 26)
Preschool Sports Sampler:
Soccer begins (Pg. 49)
- Sept. 8 Tail Wagging Tutors (Pg. 50)
- Sept. 11 New Discovery Weight Loss
Program begins (Pg. 41)
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- Sept. 15 CanHope Support Group (Pg. 40)
From the Garden to the Table (Pg. 35)
- Sept. 16 Alzheimer's Support Group (Pg. 40)
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- Sept. 20 Eaton Great Start:
Roll & Read (Pg. 47)
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- Sept. 23 Fall Wreath Workshop (Pg. 47)
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- Sept. 24 Smoke Free Seminar (Pg. 41)
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- Sept. 25 Cooking with Kids (Pg. 34)
Diabetes Support Group (Pg. 40)

- Sept. 27 Good Form Walking (Pg. 24)
Family Health & Fitness Day (Pg. 44)
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OCTOBER: Balance

- Oct. 1 Creative Cafe (Pg. 43)
- Oct. 2 Kindermusik:
How Do You Feel? begins (Pg. 48)
Paleo Cooking for Athletes (Pg. 37)
- Oct. 4 Preschool Sports Sampler:
Basketball begins (Pg. 49)
Women's Health Experience (Pg. 46)
- Oct. 7 Gluten-Free Cooking (Pg. 35)
- Oct. 8 Chef's Table: Ribs (Pg. 34)
- Oct. 13 Tail Wagging Tutors (Pg. 50)
- Oct. 14 Good Form Running begins (Pg. 24)
Italian Desserts (Pg. 35)
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- Oct. 18 Create Your Own Cheeses (Pg. 35)
Impression 5's Ultimate Science
Sampler (Pg. 48)
- Oct. 20 CanHope Support Group (Pg. 40)
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- Oct. 26 Make-Ahead Meals: Lasagna (Pg. 36)
 Oct. 27 Tail Wagging Tutors (Pg. 50)
 Oct. 29 Mediterranean Cooking (Pg. 37)
 Oct. 30 Kindermusik: Time for
 Lunch begins (Pg. 48)

NOVEMBER: Embrace

- Nov. 1 Preschool Sports Sampler:
 Floor hockey begins (Pg. 49)
 Nov. 5 Chef's Table: Lobster (Pg. 33)
 Creative Cafe (Pg. 43)
 Nov. 7 Family Game Night (Pg. 47)
 Nov. 10 Tail Wagging Tutors (Pg. 50)
 Nov. 11 Physician Lecture Series:
 Diabetes Management (Pg. 45)
 Nov. 12 Thai Cooking (Pg. 38)
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Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	Indoor Walking
6 a.m.–6:45 a.m.	Cardio Blast (KK)
6 a.m.–7 a.m.	CrossFit (HB)
6:30 a.m.–8 a.m.	Basketball: Teen Drop-In
8 a.m.–8:45 a.m.	Strength & Stability (JoC)
9 a.m.–9:45 a.m.	Cardio Blast (CJ)
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (EF)
9 a.m.–10 a.m.	Bridge: Women-Only Workout
9 a.m.–10 a.m.	CrossFit (EM)
10 a.m.–10:40 a.m.	Tabata (CJ)
10 a.m.–10:45 a.m.	Turning Point: Fitness (AP)
10 a.m.–11 a.m.	Enhance [®] Fitness (AT)
10:45 a.m.–11 a.m.	Foam Roller (CJ)
12 p.m.–1 p.m.	CrossFit (EM)
12:30 p.m.–3:30 p.m.	Pickleball
4 p.m.–5 p.m.	Basketball: Open Shoot
4 p.m.–5 p.m.	Rock Climbing
5:30 p.m.–6:15 p.m.	Bootcamp (TS)
5:30 p.m.–6:15 p.m.	Group Cycling: Virtual Ride
5:30 p.m.–6:30 p.m.	Yoga: Pre-Natal (JD)
5:45 p.m.–6:25 p.m.	Cardio Kickboxing (CC)
6:30 p.m.–7:15 p.m.	Group Cycling: Spin & Sculpt (CC)
6:30 p.m.–7:25 p.m.	Barre None (CJ)
6:30 p.m.–7:30 p.m.	CrossFit (AM)
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)
7:30 p.m.–8:30 p.m.	CrossFit (AM)
7:30 p.m.–9 p.m.	Volleyball: Drop-In

Tuesdays

5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit (EM)
6:30 a.m.–8 a.m.	Basketball: Adult Drop-In
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–10 a.m.	CrossFit (EM)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10:30 a.m.–11:30 a.m.	Yoga: Restorative (ML)
11:15 a.m.–11:45 a.m.	Circuit Training (MF)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	CrossFit (EM)
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
2 p.m.–2:45 p.m.	Qigong (ES)
3 p.m.–3:45 p.m.	Tai Chi (ES)
3 p.m.–4 p.m.	Tiny Tot Playgroup
4:30 p.m.–5:30 p.m.	CrossFit (EM)
5 p.m.–5:30 p.m.	30-Minute Blast (TS)
5:30 p.m.–6:15 p.m.	Enhance® Fitness (AP)
5:30 p.m.–6:15 p.m.	Group Cycling: Virtual Ride
5:30 p.m.–6:15 p.m.	Z-Box (ED)
5:30 p.m.–6:30 p.m.	Weight Watchers
6:30 p.m.–7:15 p.m.	Group Cycling: Virtual Ride
6:30 p.m.–7:25 p.m.	POUND (ED)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
7:15 p.m.–7:55 p.m.	Body Sculpting (MB)
7:30 p.m.–8:30 p.m.	CrossFit (EM)
8 p.m.–9 p.m.	Dodgeball: Drop-In

Wednesdays

5:30 a.m.–9 p.m.	Indoor Walking
6 a.m.–7 a.m.	CrossFit (HB)
9 a.m.–9:45 a.m.	Cardio Blast (CJ)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (EF)
9 a.m.–10 a.m.	Bridge: Women-Only Workout
9 a.m.–10 a.m.	CrossFit (EM)
9:30 a.m.–10:30 a.m.	Weight Watchers
10 a.m.–10:45 a.m.	Turning Point: Fitness (AP)
10 a.m.–10:55 a.m.	Barre None (CJ)
10 a.m.–11 a.m.	Enhance® Fitness (AT)
12 p.m.–1 p.m.	CrossFit (EM)
12:30 p.m.–2 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit (EM)
5:30 p.m.–6:15 p.m.	Bootcamp (TS)
5:30 p.m.–6:30 p.m.	Yoga: Basic (CM)
5:45 p.m.–6:25 p.m.	Cardio Kickboxing (CC)
6 p.m.–7:45 p.m.	TOPS
6:30 p.m.–7:10 p.m.	Tabata (CJ)
6:30 p.m.–7:15 p.m.	Group Cycling: Spin & Sculpt (CC)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
6:30 p.m.–7:30 p.m.	Turning Point: Yoga (CM)
7:10 p.m.–7:30 p.m.	Foam Roller (CJ)
7:30 p.m.–8:30 p.m.	CrossFit (EM)
7:30 p.m.–8:30 p.m.	Yoga: Power (CM)
8 p.m.–9 p.m.	Basketball: Adult Drop-In

Thursdays

5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit (EM)
8 a.m.–8:45 a.m.	Strength & Stability (JoC)
9 a.m.–10 a.m.	CrossFit (EM)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10:15 a.m.–11 a.m.	Live Long, Live Strong (JC)
11:15 a.m.–11:45 a.m.	Circuit Training (MF)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	CrossFit (EM)
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
4:30 p.m.–5:15 p.m.	Hip-Hop Conditioning (CS)
4:30 p.m.–5:30 p.m.	CrossFit (EM)
5:30 p.m.–6:15 p.m.	Enhance® Fitness (AT)
5:30 p.m.–6:30 p.m.	Z-Box (KP)
5:45 p.m.–6:15 p.m.	30-Minute Blast (TS)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
6:30 p.m.–7:30 p.m.	Yoga: Basic (AT)
6:30 p.m.–7:30 p.m.	Zumba (KP)
7:15 p.m.–7:55 p.m.	Body Sculpting (MB)
7:30 p.m.–8:30 p.m.	CrossFit (EM)
8 p.m.–9 p.m.	Basketball: Adult Drop-In

Fridays

5:30 a.m.–7:30 p.m.	Indoor Walking
6 a.m.–6:45 a.m.	Strength & Stability (KK)
6 a.m.–7 a.m.	CrossFit (JoC)
7 a.m.–9 a.m.	Basketball: All Ages Drop-In
9 a.m.–9:45 a.m.	Cardio Blast (HB)

9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–10 a.m.	Bridge: Women-Only Workout
9 a.m.–10 a.m.	CrossFit (JoC)
10 a.m.–10:30 a.m.	Foam Roller (MF)
10 a.m.–11 a.m.	Enhance® Fitness (AP)
11 a.m.–12 p.m.	Tiny Tot Playgroup
12 p.m.–1 p.m.	CrossFit (JoC)
12 p.m.–3 p.m.	Pickleball
4:30 p.m.–5:30 p.m.	Basketball: Open Shoot
4:30 p.m.–5:30 p.m.	CrossFit (EM)
4:30 p.m.–5:30 p.m.	Rock Climbing
5:45 p.m.–6:30 p.m.	Body Sculpting (MB)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
6:45 p.m.–7:30 p.m.	Basketball: Teen Drop-In

Saturdays

7 a.m.–8:30 a.m.	Basketball: All Ages Drop-In
7 a.m.–3 p.m.	Indoor Walking
8 a.m.–8:45 a.m.	Group Cycling: Virtual Ride
8:10 a.m.–8:55 a.m.	Bootcamp (MB)
8:10 a.m.–8:55 a.m.	Cardio Kickboxing (CC)
8:30 a.m.–10 a.m.	Basketball: Adult Drop-In
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–9:45 a.m.	Strength & Stability (HK)
9 a.m.–10 a.m.	Bridge: Women-Only Workout
9 a.m.–10 a.m.	CrossFit (AM)
10 a.m.–11 a.m.	CrossFit (AM)
10 a.m.–11 a.m.	Zumba (KP)
11 a.m.–12 p.m.	CrossFit (AM)
12:15 p.m.–1:15 p.m.	Basketball: Open Shoot
12:15 p.m.–1:15 p.m.	Rock Climbing
1:30 p.m.–3 p.m.	Volleyball: Drop-In

Sundays

9 a.m.–10:30 a.m.	Pickleball
9 a.m.–5 p.m.	Indoor Walking
10:45 a.m.–11:30 a.m.	Dodgeball: Drop-In
11:30 a.m.–1 p.m.	Basketball: Teen Drop-In
1 p.m.–2 p.m.	Basketball: Open Shoot
2:30 p.m.–3:30 p.m.	Z-Box (ED)
3:30 p.m.–5 p.m.	Basketball: Adult Drop-In
3:30 p.m.–5 p.m.	Yoga: Vinyasa

Instructors

AM = Alex M.	HK = Heather K.
AP = Amy P.	JC = Jake C.
AT = Amanda T.	JoC = John C.
CC = Christina C.	JD = Jennifer D.
CJ = Cheryl J.	KK = Kim K.
CM = Courtney M.	KP = Kristin P.
CS = Caitlin S.	MB = Matt B.
ED = Ellen D.	MF = Miranda F.
EF = Erin F.	ML = Martha L.
EM = Eric M.	MM = Morene M.
ES = Elaine S.	NH = Nick H.
GR = Greg R.	TS = Tom S.
HB = Harvest B.	



Find us on Facebook for the latest updates on programs and classes.

facebook.com/ExperienceALIVE

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

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 for your 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

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



Family floor hockey in SOAR

Barre None (B, I)



Sculpt and tone muscles, improve flexibility and balance with workouts for all fitness levels and ages. Does not require a barre. Class format includes standing leg work, upper body work, core and floor work. Challenge your body without the risk of overuse injuries.

Cost: \$30/six-week session

MOVE Member: Free

Mon.	6:30 p.m. – 7:25 p.m.
Wed.	10 a.m. – 10:55 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

Tues.	6:30 a.m. – 8 a.m.
Wed.	8 p.m. – 9 p.m.
Thurs.	8 p.m. – 9 p.m.
Sat.	8:30 a.m. – 10 a.m.
Sun.	3:30 p.m. – 5 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 Member: Free

Fri.	7 a.m. – 9 a.m.
Sat.	7 a.m. – 8:30 a.m.

Basketball: Open Shoot

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

Cost: Free

Mon.	4 p.m. – 5 p.m.
Tues.	12 p.m. – 1 p.m.
Thurs.	12 p.m. – 1 p.m.
Fri.	4:30 p.m. – 5:30 p.m.
Sat.	12:15 p.m. – 1:15 p.m.
Sun.	1 p.m. – 2 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.	6:30 a.m. – 8 a.m.
Wed.	12:30 p.m. – 2 p.m.
Fri.	6:45 p.m. – 7:30 p.m.
Sun.	11:30 a.m. – 1 p.m.

Body Sculpting (B, I)

Work all major muscle groups with exercises targeted to sculpt lean muscles. Weight training combined with cardio.

Cost: \$30/six-week session

MOVE Member: Free

Tues.	7:15 p.m. – 7:55 p.m.
Thurs.	7:15 p.m. – 7:55 p.m.
Fri.	5:45 p.m. – 6:30 p.m.

Bootcamp (I)

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

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

Mon.	5:30 p.m. – 6:15 p.m.
Wed.	5:30 p.m. – 6:15 p.m.
Sat.	8:10 a.m. – 8:55 a.m.

Bridge: Women-Only Workout

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

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

Mon.	9 a.m. – 10 a.m.
Wed.	9 a.m. – 10 a.m.
Fri.	9 a.m. – 10 a.m.
Sat.	9 a.m. – 10 a.m.

Cardio Blast (B, I)

High-energy, low impact choreography that uses the step, BOSU or simply moves your body in this fun, varied cardio challenge.

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

Mon.	6 a.m. – 6:45 a.m. 9 a.m. – 9:45 a.m.
Wed.	9 a.m. – 9:45 a.m.
Fri.	9 a.m. – 9:45 a.m.

Cardio Kickboxing (A)

Jab, hook and cross your way into sculpted muscles. A great cardiovascular workout combined with punch and kick combinations.

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

Mon.	5:45 p.m. – 6:25 p.m.
Wed.	5:45 p.m. – 6:25 p.m.
Sat.	8:10 a.m. – 8:55 a.m.

Circuit Training (B, I)

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

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

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

Combat Training (A)

Instructors: Jake Campbell & Matt Berger

Sept. 3 – Oct. 11

Drill instructors Jake and Matt take each team through tactical combat training culminating with a paintball battle between both teams at T.C. Paintball. Training involves various drills, obstacles and combat situations. Paintball battle Sat. Oct. 11 included.

Cost: \$100
MOVE Member: \$65

Wed.	5:30 p.m. – 6:30 p.m.
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Group Cycling

CrossFit (B, I, A)

Coach Eric McGill has trained people for more than 10 years. He and his instructors will begin teaching CrossFit **Wednesday, Oct. 1.** (Watch for free samplers in September.) This non-traditional, specialized training program combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts are tailored to meet all fitness levels. An On-Ramp program is available for those just getting started. Discounts available for active law enforcement, firefighters, active or veteran military, EMS personnel and students.

Cost: **\$75/month**
\$35/month (add'l family member)

MOVE Member: **\$45/month**
\$35/month (add'l family member)

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

Mon.-Fri.	6 a.m. – 7 a.m.
	9 a.m. – 10 a.m.
	12 p.m. – 1 p.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.
	7:30 p.m. – 8:30 p.m.***

Sat.	9 a.m. – 10 a.m.
	10 a.m. – 11 a.m.
	11 a.m. – 12 p.m.

*Excludes Monday

**Friday only

***Excludes Friday

Dodgeball: Drop-In

Drop in, play a game and have fun! Participants have access to the full court to organize an

official pick-up game. All ages and skill levels.

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

Tues.	8 p.m. – 9 p.m.
Sun.	10:45 a.m. – 11:30 a.m.

Enhance® Fitness (B)

Staying fit as you age doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. *This class is evidence-based and supported by the Michigan Dept. of Health and Centers for Disease Control.*

This class is perfect for those who are just beginning exercise, recently completed physical, occupational, cardiopulmonary rehabilitation, diabetes or weight management.

Cost: **\$4/day**
MOVE Member: Free

Mon.	10 a.m. – 11 a.m.
Tues.	5:30 p.m. – 6:15 p.m.
Wed.	10 a.m. – 11 a.m.
Thurs.	5:30 p.m. – 6:15 p.m.
Fri.	10 a.m. – 11 a.m.

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: **\$20/six-week session**
MOVE Member: Free

Mon.	10:45 a.m. – 11 a.m.
Wed.	7:10 p.m. – 7:30 p.m.
Fri.	10 a.m. – 10:30 a.m.

Good Form Running (B, I, A)

Oct. 14 – Oct. 23

Playmakers' program that teaches the four essential steps to good form in running and how those steps increase speed and decrease chances of injury. Each class includes drills to improve form and video analysis.

Cost: \$45

MOVE Member: \$15

Tues. & Thurs. 6:15 p.m. – 6:45 p.m.

Good Form Walking (B, I, A)

Playmakers' program designed to help walkers of all ages and abilities move more efficiently. Learning three simple components can help people walk without injury, with a well-balanced stride and renewed vigor.

Cost: Free

Sat., Sept. 27 9 a.m. – 10 a.m.

Tues., Nov. 18 6 p.m. – 7 p.m.

Group Cycling (B, I, A)

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

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

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)

Complement the group cycling class with intervals of weight training exercises.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Mon. 6:30 p.m. – 7:15 p.m.

Wed. 6:30 p.m. – 7:15 p.m.

Group Cycling:

Virtual Ride (B, I, A)

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

MOVE Member: Free

Mon. 9 a.m. – 9:45 a.m.
5:30 p.m. – 6:15 p.m.

Tues. 9 a.m. – 9:45 a.m.
5:30 p.m. – 6:15 p.m.
6:30 p.m. – 7:15 p.m.

Fri. 9 a.m. – 9:45 a.m.

Sat. 8 a.m. – 8:45 a.m.
9 a.m. – 9:45 a.m.

Hip-Hop Conditioning (B, I)

Hip-hop dance fused with sculpting exercises targets abs, hips, glutes and more. Dance, have fun and feel great!

Cost: \$30/six-week session

MOVE Member: Free

Thurs. 4:30 p.m. – 5:15 p.m.

Indoor Walking

Bring a friend and feel ALIVE while walking along EXPLORE. Always open during normal operating hours. Nine laps per mile. Walking direction changes daily.

Cost: Free

live life. Nspired

This annual HGB 5K run and 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. Register by visiting livelifeinspired.org.

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

Sat., Sept. 6 8 a.m.

Live Long, Live Strong (B, I)

Led by a certified personal trainer to help seniors build and create exercise programs to address challenges that naturally occur as we age, including movement strategies to improve balance.

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

Thurs. 10:15 a.m. – 11 a.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. Ages 6 and up. Rules and instructions available.

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

Mon. 12:30 p.m. – 3:30 p.m.
Fri. 12 p.m. – 3 p.m.
Sun. 9 a.m. – 10:30 a.m.

POUND (B, I)



Channel your “inner rock star” as you fuse cardio interval training with drumming to provide a challenging, heart-pounding workout. Uses actual drumsticks; pound out stress and have a blast! A limited number of Ripstix will be available to check out or purchase from MOVE; you may also use your own with instructor approval.

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

Tues. 6:30 p.m. – 7:15 p.m.

Rock Climbing

Challenge yourself to the 24-foot rock climbing wall. All ages welcome; a signed waiver must be on file. Try the new Summit Challenge. Minimum weight requirement is 45 lbs.

Cost: Free

Mon. 4 p.m. – 5 p.m.
Fri. 4:30 p.m. – 5:30 p.m.
Sat. 12:15 p.m. – 1:15 p.m.

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

Mon. 8 a.m. – 8:45 a.m.
Thurs. 8 a.m. – 8:45 a.m.
Fri. 6 a.m. – 6:45 a.m.
Sat. 9 a.m. – 9:45 a.m.

Tabata (B, I, A)

High Intensity Interval Training (H.I.I.T.) with eight cycles. Each round equals 20 seconds of work and 10 seconds of rest. Delivers big results such as improved aerobic and anaerobic endurance, muscular endurance and fat burning.

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

Mon.	10 a.m. – 10:40 a.m.
Wed.	6:30 p.m. – 7:10 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

Mon. (Ages 18+)	7:30 p.m. – 9 p.m.
Sat. (Ages 13+)	1:30 p.m. – 3 p.m.

Z-Box (B, I)

Dance meets boxing in this fun, fast-paced class. (Sixty minute class includes weights and relaxation.) All fitness levels welcome.

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

Tues.	5:30 p.m. – 6:15 p.m.
Thurs.	5:30 p.m. – 6:30 p.m.
Sun.	2:30 p.m. – 3:30 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

Thurs.	6:30 p.m. – 7:30 p.m.
Sat.	10 a.m. – 11 a.m.

BREATHE

Deep Stretch (B, I)

Flexibility is a key element to creating a strong and healthy body. Loosen muscle groups and enhance overall health of the body. 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.

Guided Relaxation

Check out an iPod in CREATE to be guided through relaxation techniques. Always available during normal operating hours. (Remember to bring headphones.)

Cost: Free

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.



Pilates

Qigong (B, I)

Learn to control the flow and distribution of qi or “life energy” to improve health and harmony of mind and body. Clear the heart and mind of worry or judgement. Tai Chi experience recommended.

Cost: \$30/six-week session

MOVE Member: Free

Tues. 2 p.m. – 2:45 p.m.

Tai Chi (B)

“Meditation in motion” focuses on balance and slow, controlled movements. Improve flexibility, upper-body and lower-body strength, and reduce depression and anxiety.

Cost: \$30/six-week session

MOVE Member: Free

Tues. 3 p.m. – 3:45 p.m.

Yoga: Basic (B)

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

MOVE Member: Free

Mon. 6:40 p.m. – 7:40 p.m.

Wed. 5:30 p.m. – 6:30 p.m.

Thurs. 6:30 p.m. – 7:30 p.m.

Yoga: Power (I, A)

This strength based yoga class moves much quicker than beginner yoga and is perfect for athletes, cross-training, strength building and more!

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Wed. 7:30 p.m. – 8:30 p.m.

Yoga: Pre-Natal (B)



Join other mummies to be and encourage a strong and healthy body during pregnancy. This gentle yoga class will nurture both body and baby, and is appropriate for all trimesters. Please bring a pillow with you to class. Please check with your physician prior to beginning any exercise class while pregnant.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Mon. 5:30 p.m. – 6:30 p.m.

Yoga: Restorative (I)

Targeted to improve flexibility, strengthen the back and restore balance. Gentle poses focus on relaxation, healing and realigning the body.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Tues. 10:30 a.m. – 11:30 a.m.

Yoga: Vinyasa (B, I)

Vinyasa yoga uses breath to connect postures creating a dynamic flow of movement. Annual fee of \$5 includes unlimited classes for MOVE members. (www.charlottteyoga.net)

MOVE Member: \$5/year**

Sun. 3:30 p.m. – 5 p.m.

***Fees paid directly to Instructor Eric Spitzfaden*

EAT

Artisan Bread Making (V)

Instructor: Gary Colles

Artisan bread has a thin hard crust, a large crumb, full flavor and no kneading. It starts with a poolish that develops over night and is baked in a hot Dutch oven.

Cost: \$20

Sat., Nov. 15 9 a.m. – 12 p.m.

Cake Decorating (V)

Instructor: Chef Nichole Berner

Learn icing techniques, piping, flowers and writing to create a beautiful birthday cake sure to impress loved ones. Participants receive a small cake to decorate and take home. Ages 15 and up.

Cost: \$20

Thurs., Nov. 20 6:30 p.m. – 7:30 p.m.

Chef's Table: Chicken Fresco

Instructor: Chef Richard Taylor

Come join us for dinner as Chef Richard prepares an amazing meal. You are welcome to bring in a bottle of your favorite wine. Dinner will be:

- Fresh greens salad
- Chicken Fresco in a lemon butter sauce, with garlic mashed potatoes and glazed carrots
- A fun surprise for dessert

Cost: \$25

Wed., Sept. 17 6:30 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

Chef's Table: Lobster

Instructor: Chef Richard Taylor

Come join us for dinner as Chef Richard prepares an amazing meal. You are welcome to bring in a bottle of your favorite wine. Dinner will be:

- Fresh greens salad
- Lobster bisque, fresh artisan bread and lobster salad sandwich on a toasted brioche bun
- A fun surprise for dessert

Cost: \$25

Wed., Nov. 5 6:30 p.m. – 7:30 p.m.

Chef's Table: Pork Roast

Instructor: Chef Richard Taylor

Come join us for dinner as Chef Richard prepares an amazing meal. You are welcome to bring in a bottle of your favorite wine. Dinner will be:

- Fresh greens salad
- Pork roast, mashed sweet potatoes and fresh green beans
- A fun surprise for dessert

Cost: \$25

Wed., Oct. 22 6:30 p.m. – 7:30 p.m.



Artisan bread

Chef's Table: Ribs

Instructor: Chef Richard Taylor

Come join us for dinner as Chef Richard prepares an amazing meal. You are welcome to bring in a bottle of your favorite wine. Dinner will be:

- Fresh greens salad
- Beef short ribs, jasmine rice and fresh mixed vegetables
- A fun surprise for dessert

Cost: \$25

Wed., Oct. 8 6:30 p.m. – 7:30 p.m.

Cooking with Kids

Instructor: Marty Martin

Have fun in the kitchen with the kids! Create fun and healthy dishes together in this hands-on class for parents and children ages 7 to 12. Dinner included.

**Cost: \$25 per parent/child group
\$10 per add'l child (same household)**

Thurs., Sept. 25 6 p.m. – 7:30 p.m.
Thurs., Oct. 16 6 p.m. – 7:30 p.m.

Cooking with Venison

Instructor: Chef Doreen Ackerson

Create a delicious meal using the venison stocked in your freezer. Whether learning for yourself or your favorite hunter, these recipes will have everyone requesting venison for dinner.

Cost: \$20

Mon., Nov. 17 6:30 p.m. – 7:30 p.m.

Create Your Own Cheeses (V)

Instructor: Gary Colles

Demonstration includes an introduction to cheese-making equipment. Learn how to select the correct milk and cultures, and how they work together to create a delicious cheese. Samples provided from cheese made in class.

Cost: \$20

Sat., Oct. 18 9 a.m. – 12 p.m.

From the Garden to the Table

Instructor: Chef Doreen Ackerson

Learn how to freeze, can and preserve. If you have a garden or go to the local farmer's market, this class is a must for busy families. Learn how to get the most out of what is seasonally fresh.

Cost: \$20

Mon., Sept. 15 6:30 p.m. – 7:30 p.m.

Gluten-Free Cooking (GF)

Instructor: Chef Doreen Ackerson

Cooking gluten-free doesn't have to be a hassle. Learn how to clean kitchen surfaces and how to prepare delicious dinners.

Cost: \$20

Tues., Oct. 7 6:30 p.m. – 7:30 p.m.

Italian Desserts (V)

Instructor: Chef Justin Straube

Create a delectable tiramisu, a delicious cannoli and more. Bring your sweet tooth ... there will be plenty to share!

Cost: \$20

Tues., Oct. 14 7 p.m. – 8 p.m.

V = vegetarian, GF = gluten-free

It's Greek to Me!

Instructor: Chef David Wilson

Learn how to prepare a delicious, authentic Greek meal, including Greek chicken with pickled onions, tomatoes and tzatziki sauce. Spinach and artichoke two-potato casserole and plantains with thick cream.

Cost: \$20

Thurs., Nov. 13 6:30 p.m. – 7:30 p.m.

Little Italy: Pestos & Pastas

Instructor: Chef Justin Straube

Authentic Italian cooking including how to create fresh pasta and pesto sauces. Learn perfect food and pasta combinations.

Cost: \$20

Tues., Nov. 18 7 p.m. – 8 p.m.

Make-Ahead Meals: Burgers

A make and take, ready-to-grill option (not a cooking class). Dinner is a stuffed buffalo burger and potato salad. Pre-register by Wednesday, Sept. 17. All ingredients, seasoning options and recipes available in RELISH. We provide the ingredients, you do the prep, we do the clean-up. Meal serves four.

Cost: \$20

Sun., Sept. 21 1 p.m. – 4 p.m.

Make-Ahead Meals: Lasagna

A make and take, ready-to-bake option (not a cooking class). Dinner is a lasagna. Pre-register by Wednesday, Oct. 22. All ingredients, seasoning options and recipe available in

RELISH. We provide the ingredients, you do the prep, we do the clean-up. Meal serves six.

Cost: \$20

Sun., Oct. 26 1 p.m. – 4 p.m.

Mediterranean Cooking (v)

Instructor: Chef Karen Cross

Taste the healthy benefits of Mediterranean cooking. This class features a vegan shawarma sandwich and a Mediterranean quinoa salad.

Cost: \$20

Wed., Oct. 29 6:30 p.m. – 7:30 p.m.

Paleo Cooking for Athletes

Instructor: Deb Dillon, MS, RD

We are taking the Paleo diet to a new level and adjusting it for athletes. Learn how to get all the important nutrients you need for optimal performance.

Cost: \$20

Thurs., Oct. 2 6:30 p.m. – 7:30 p.m.

Pre- & Post-Workout Nutrition

Instructor: Deb Dillon, MS, RD

Learn what and how to eat before, during and after your workouts and competitions. This will include timing of food intake, what to eat and why.

Cost: \$20

Thurs., Oct. 23 6:30 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

Soy Cooking (v)

Instructor: Chef Doreen Ackerson

Make milk alternatives with soy, rice and almond. Then make soy cheese, soy yogurt and tofu. Fast and healthy, no additives needed.

Cost: \$20

Tues., Sept. 30 6:30 p.m. – 7:30 p.m.

Sushi Basics

Instructor: Chef Justin Straube

Everything you need to know about making sushi. Learn how to select the highest quality fish and make great sushi rolls, then enjoy your own creations.

Cost: \$20

Tues., Sept. 23 7 p.m. – 8 p.m.

Thai Cooking (v)

Instructor: Chef Karen Cross

Take delicious seasonings and create a healthy Thai curry coconut soup with a Thai green apple salad.

Cost: \$20

Wed., Nov. 12 6:30 p.m. – 7:30 p.m.

Vegan Cajun Cooking (v)

Instructor: Chef Karen Cross

Cook with amazing Cajun spices to create gumbo and vegan crab cakes. Also learn the health benefits of these great spices.

Cost: \$20

Wed., Oct. 15 6:30 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

Vegan Soul Food (v)

Instructor: Chef Karen Cross

Create southern favorites (just a touch healthier), including a creamy vegan mac and cheese with collard greens and tofu BBQ ribs. Bring your appetite; this will be a feast!

Cost: \$20

Wed., Sept. 24 6:30 p.m. – 7:30 p.m.



RELISH class

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. 16 6:30 p.m. – 7:45 p.m.
 Tues., Oct. 21 6:30 p.m. – 7:45 p.m.
 Tues., Nov. 18 6:30 p.m. – 7:45 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. 15 6:30 p.m. – 7:45 p.m.
 Mon., Oct. 20 6:30 p.m. – 7:45 p.m.
 Mon., Nov. 17 6:30 p.m. – 7:45 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.

Cost: Free

Thurs., Sept. 25 6:30 p.m. – 8 p.m.
 Thurs., Oct. 23 6:30 p.m. – 8 p.m.

New Discovery Weight Loss Program

Sept. 11 – Dec. 4

Leader: Sherlyn Hogenson, RD

Extra pounds getting you down? Join this 12-week program to learn how to create a new lifestyle including healthy eating and effective exercise. Includes a workbook.

Cost: \$125

Thurs. 5:30 p.m. – 6:30 p.m.

Smoke Free Seminar

Facilitator: Barry Eaton District Health Department Staff

This workshop shows how to be smoke free, including tools and tips needed to be successful. To register contact Jill Sambaer at BEDHD at (517) 541-2610 or jsambaer@bedhd.org

Wed., Sept. 24 5:30 p.m. – 7 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

TOPS is a weight-loss support and wellness education organization that started in 1948. Learn about 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.



Turning Point Program For Breast Cancer Survivors

ALIVE partners with the Susan G. Komen Foundation and YMCA of Lansing to provide fitness and yoga classes for breast cancer survivors. Includes health and fitness assessments, yoga and fitness classes, cooking demos, plus more, all focused on the participants' specific needs. Attend as many classes as you're able. Space is limited; call (517) 541-5812 to register.

Cost: Free

Fitness: Mon.	10 a.m. – 10:45 a.m.
Fitness: Wed.	10 a.m. – 10:45 a.m.
Yoga: Wed.	6:30 p.m. – 7:30 p.m.

Weight Watchers

For more than 50 years, Weight Watchers has helped people lose weight. Meetings offer guidance from a leader who has been in your shoes and encouragement from members. Expect amazing! Visit weightwatchers.com for pricing and promotions.

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

www.myalive.com

Register online and save \$1 on class and program fees!

Call (517) 543-9575 with questions about registering or creating an account.

THINK

Balance & Fall Risk Seminar

Instructor: Kim Dickinson, PTA

Falls among the elderly are prevalent, dangerous and can diminish their ability to lead an active, independent life. Approximately one in three seniors over the age of 65, and nearly one in two over 80, will fall at least once this year. Includes free presentation and balance screening.

Cost: Free

Tues., Oct. 21 1 p.m. – 2 p.m.

Beads & Bordeaux

Instructor: Christine Granning

Join us for a fun evening ... bring a bottle of wine and let the creative juices flow! Create a wine-themed craft with Christine Granning, owner of Artistic Elements. Snacks included. Ages 21 and up.

Cost: \$20

Thurs., Sept. 18 6:30 p.m. – 8:30 p.m.

Creative Cafe

Facilitator: Barbara Fulton, PhD

These special leadership sessions transform RELISH into the "Creative Cafe" where the group "cooks up" ideas about the seven elements of healthy communities. The strategic sessions are for those interested in place making. Join discussions about building a vibrant community. Lunch included.

Cost: \$5

Wed., Sept. 3	12 p.m. – 1 p.m.
Wed., Oct. 1	12 p.m. – 1 p.m.
Wed., Nov. 5	12 p.m. – 1 p.m.

DEAR Camp

When your husband heads to deer camp, you can too. Bring your favorite bottle of wine, and enjoy relaxing and pampering with delicious appetizers, crafts, chair massages and more. Free childcare with advance registration in GROW at (517) 541-5803.

Cost: \$25

Fri., Nov. 14 6:30 p.m. – 8 p.m.

Family Health & Fitness Day

This 4th annual HGB event provides free activities for the whole family. It's the perfect way to commit to a healthier lifestyle together. Visit myalive.com for more information.

Activities will include:

- Family games and activities
- Healthy cooking and exercise classes
- Crafts for kids
- Nutritional assessments
- Family fun walk
- Fire truck demonstrations

Cost: Free

Sat., Sept., 27 9 a.m. – 12 p.m.

Fiscal Fitness

Speaker: MSUFCU Staff

Learn how to best manage your finances and gain the capacity to execute effective and responsible money management. Includes interactive activities and financial tips for a longer-lasting impact. Pre-registration required; call (517) 543-9575.

Cost: Free

Wed., Oct. 15 6:30 p.m. – 7:30 p.m.

HGB Annual Gala

This year's Annual Gala theme, focused on trees, reminds us of the Richard Mabey quote "To be without trees would, in the most literal way, to be without our roots." The event is open to all for a creative and memorable evening in support of HGB. Free childcare with advance registration in GROW at (517) 541-5803.

Cost: \$25/person

Thurs., Sept. 11 7 p.m. – 10 p.m.

Jem Trip: Southern Exposure

Enjoy fall's splendor as you create a 20-inch berry wreath. With a little flair and easy step-by-step directions, turn flowers, greenery and berries into a one-of-a-kind wreath that adds a festive touch to your home. Includes workshop, autumn fest and a Berrytini. RSVP by Sept. 19.

Cost: \$70

Thurs., Oct. 23 6:30 p.m.

Physician Lecture Series: Diabetes Management

Speaker: Todd Otten, MD

Dr. Otten discusses all aspects of diabetes management, including what you should ask your physician, what to look for and most importantly, how to stay healthy. Pre-registration required; call (517) 543-9575.

Cost: Free

Tues., Nov. 11 1 p.m. – 2:30 p.m.

Physician Lecture Series: Knee Pain

Speaker: Jeremy Pascotto, DO

Dr. Pascotto discusses the common causes of knee pain, including arthritis, and how to better take care of knees by understanding the common elements. Pre-registration required; call (517) 543-9575.

Cost: Free

Wed., Nov. 19 6:30 p.m. – 8 p.m.

Women's Health Experience

An annual event that focuses on five dimensions of women's health: DO, BREATHE, EAT, THINK and SUPPORT.

Event features include:

- Guest speaker: Cathy George, MSU women's volleyball coach
- Physician panel
- Education and interactive booths
- Healthy cooking demos and wine tasting
- Group exercise demos
- Free childcare in GROW
- Plus more!

Cost: Free

Sat., Oct. 4 9 a.m. – 12 p.m.



Women's Health Experience

GROW

Eaton Great Start: Roll & Read

Join Eaton Great Start for a one-mile walk and stroller roll for the entire family. Three reading stations feature a different story; a great way to enjoy literacy and exercise. Open to the public, no pre-registration required.

Cost: Free

Sat., Sept. 20 10 a.m. – 12 p.m.

Fall Wreath Workshop

Parent and child work together to create a fabulous front-door wreath to greet guests at your home. All materials included for one wreath per group. Ages 5 and up.

Cost: \$15 per parent/child group

Tues., Sept. 23 6:30 p.m. – 7:30 p.m.

Family Game Night

Bring the whole family for an evening of family fun as we play a life-sized version of the trivia board game "Beat the Parents."

Cost: \$5 per family

Fri., Nov. 7 7 p.m. – 8:30 p.m.



Fall Wreath Workshop

Impression 5's Electricity Works

Instructor: Impression 5 Staff

Explore the science behind electricity and make a project with a motor. Learn how circuits work and experiment with buzzers, lights and switches. This program is for children who want to play, create and challenge their understanding of science. Ages 6 and up; pre-registration required at (517) 543-9575.

Cost: \$15 per child

Sat., Nov. 15 10 a.m. – 11:30 a.m.

Impression 5's Ultimate Science Sampler

Instructor: Impression 5 Staff

Waken your senses and explore science! Hands-on experiments with force and motion, states of matter and much more. Come explore the science of chemistry, physics and more. Ages 6 and up; pre-registration required at (517) 543-9575.

Cost: \$15 per child

Sat., Oct. 18 10 a.m. – 11:30 a.m.

Kindermusik

Children love singing, dancing and playing instruments, and you'll love helping them practice gross and fine motor skills, turn taking, social skills and active listening. Includes materials to continue the fun at home. Ages 18 months to 4 years.

Pet Parade Sept. 4-Sept. 25

How Do you Feel? Oct. 2-Oct. 23

Time for Lunch Oct. 30-Nov. 20

Cost: \$50/session
(\$30 add'l child, same household)

GROW Member: \$40/session
(\$30 add'l child, same household)

Thurs. 5:45 p.m. – 6:30 p.m.

Parents' Great Escape

Parents ... drop off kids ages **3 to 12** and escape for an evening out while they have fun adventures. Supervised activities include arts and crafts, scavenger hunt, group games, rock wall (ages 6 and up) and more. Pre-registration required Wednesday prior to event. Includes pizza dinner. Pick-up between 9 p.m. and 10 p.m.; kids under 6 must be picked up by 8:30 p.m. And if you're looking for something to do, the Eaton Pub in Charlotte is hosting a micro-brew tasting. Call (517) 543-8882 for more information.

Cost: \$15 first child
\$10 per add'l child (same household)

GROW Member: \$13.50 first child
\$9 per add'l child (same household)

Fri., Sept. 19 6 p.m. – 10 p.m.

Preschool Sports Sampler

Designed to teach preschool children sports basics. Each month a different sport will be featured. Age appropriate instruction, basic ball and stick handling and scoring will be the focus. Ages 3 to 5 years.

Soccer Sept. 6-Sept. 20

Basketball Oct. 4-Oct. 18

Floor Hockey Nov. 1-Nov. 15

Cost: \$15/sport or \$40/three
Grow Member: \$12/sport or \$30/three

Sat. 11 a.m. – 12 p.m.

Scout Climbing Merit Badge

Is your Scout troop looking for a fun way to earn a merit badge? Book time with Cory, a Charlotte Eagle Scout, to earn the climbing merit badge on ASCEND, the indoor climbing wall. Cory is certified and generously donating his time and talent. Call (517) 541-5803 to reserve a private class date.

Cost: Free

SPOOK-tacular

Join Halloween family fun. The annual SPOOK-tacular event includes family games, healthy fall-themed snacks and a costume parade around EXPLORE. Children must be accompanied by an adult. Pre-registration required by Oct. 22.

Cost: \$10 per family

Fri., Oct. 24 6:30 p.m. – 7:30 p.m.

Tail Wagging Tutors

Kids read to Maggie, a certified therapy dog. Bring your own book to read or select one from the many books available ... Maggie loves them all. Pre-registration required for 20-minute time slots.

Cost: Free

Mon., Sept. 8 4:30 p.m. – 5:30 p.m.

Mon., Sept. 22 4:30 p.m. – 5:30 p.m.

Mon., Oct. 13 4:30 p.m. – 5:30 p.m.

Mon., Oct. 27 4:30 p.m. – 5:30 p.m.

Mon., Nov. 10 4:30 p.m. – 5:30 p.m.

Mon., Nov. 24 4:30 p.m. – 5:30 p.m.

Tiny Tot Playgroup

Kids up to age 5 are welcome to play in SOAR. This non-facilitated time is great for running, playing and burning off energy. Parents must be present.

Cost: Free

Tues. 3 p.m. – 4 p.m.

Fri. 11 a.m. – 12 p.m.



Playing in GIGGLE



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