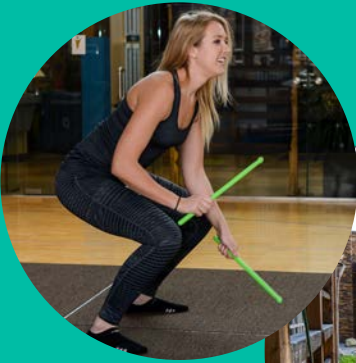




# SPRING PROGRAM GUIDE



February 27, 2017 – May 28, 2017  
[www.myalive.com](http://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	10:30 a.m. to 7 p.m.
Friday	10:30 a.m. to 3 p.m.
Saturday	10 a.m. to 1 p.m.*
Sunday	Closed

\* Sandwich line service

### 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 Easter (April 16) and Memorial Day (May 29).

In addition, NOURISH will be closed:

- Saturday, April 15
- Saturday, May 27

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





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

## 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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**Christina Campbell** 541-5812  
Operations Manager  
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**Jacob Campbell** 543-1050, ext. 1681  
Director of Health and Wellness Services  
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**Ellen Dreps** 543-1050, ext. 1736  
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**Laurie Newland** 541-5803  
Youth and Family Services Manager  
lnewland@hgbhealth.com

## 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: Feb. 27 – April 9**
- **Session 2: April 10 – May 21**
- **Make-up: May 22 – May 28**

Three convenient registration methods:

- Log in to myalive.com.
- Call (517) 541-5800, opt. 1, unless a different number is listed within the program description.
- Visit ENCOUNTER (the MOVE or FUSE front desk).
- Register at our Open House and save 10% on programs or class fees (pg. 60).

## 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
- Kindles or 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
- Frequency reward program at NOURISH by The Big Salad

Community L!NK 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
- 15% off printing of art projects at International Minute Press
- 20% off any lesson or program at The Power of Water
- 10% off select merchandise at Tirrell Farmstead Specialties
- 10% off purchases at So Simply
- 10% off purchases of active footwear at Charlotte Shoe Repair

## *Jem* (Journey Experience Member)

All women L!NK holders are automatically enrolled as a *Jem*. Benefits include:

- Access to women's only trips
- Exclusive offers
- Educational opportunities on women's topics
- Women's Teas (Pg. 56)

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.

## 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.
- 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 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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Kid's Cooking Demonstration in RELISH

## Special Events

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*Rc* – Ludwig vouchers accepted



Free blood pressure assessment by MOVE

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*Rx* – Ludwig vouchers accepted

**Register online at:**  
**[www.myalive.com](http://www.myalive.com)**

**Register at our Open House  
and save 10% on programs  
or class fees (pg. 60).**

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



NOURISH by The Big Salad

## 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)
6 a.m.–7 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (WS)
8 a.m.–9:45 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	Strength & Stability (KK)
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.	<i>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	Cardio+Sculpt (CJ)
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
12 p.m.–1 p.m.	STEP Walking Club
3 p.m.–4 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Barre None (DD)
5 p.m.–6 p.m.	Virtual Kids Workout
5:30 p.m.–6:15 p.m.	<i>Jem</i> Turning Point: Fitness
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	STRIDE Running Club (KP)
5:30 p.m.–6:30 p.m.	Yoga: Basic (JD)
5:40 p.m.–6:30 p.m.	TurboKick (AP/CC)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
6:30 p.m.–7:15 p.m.	Family POUND (JE)
6:30 p.m.–7:30 p.m.	Couch to CrossFit
6:35 p.m.–7:25 p.m.	PiYo (AP)
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)
7 p.m.–8:55 p.m.	Volleyball: Drop-In

### 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.–8 a.m.	Basketball: All Ages Drop-In
6 a.m.–7 a.m.	CrossFit
7 a.m.–8 a.m.	Couch to CrossFit
8:05 a.m.–8:50 a.m.	TRX/Kettlebell Combo (JJ)
9 a.m.–9:45 a.m.	Group Cycling (KP)
9 a.m.–9:55 a.m.	<i>Jem</i> Zumba Gold (DD)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Phase III Cardiac Rehab (KS)
9:30 a.m.–10:30 a.m.	Yoga: Basic (KH)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–11:45 a.m.	Pickleball
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (RV)
10:35 a.m.–11:15 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 (WS)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Tiny Tot Playgroup
12:10 p.m.–12:28 p.m.	18-Minute Blast (MB)
3 p.m.–5 p.m.	BRIDGE: Kids Only
4 p.m.–4:45 p.m.	Youth Practice & Play Basketball (AW)
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.	Cardio Dance (DD)
5 p.m.–6 p.m.	LEGO <sup>®</sup> Club
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Weight Watchers
5:40 p.m.–6:40 p.m.	Triathlon Training (ToS)

6 p.m.–6:45 p.m.	Yoga: Kids (JM)
6 p.m.–7 p.m.	R.I.P.P.E.D. (TD)
6:30 p.m.–7:30 p.m.	CrossFit
7 p.m.–7:30 p.m.	30-Minute Blast (TS)
7 p.m.–8 p.m.	Yoga: Basic (JM)
7:15 p.m.–8:55 p.m.	Basketball: Adult Drop-In
7:30 p.m.–7:45 p.m.	Foam Roller (TS)



Group exercise participants

## Wednesdays

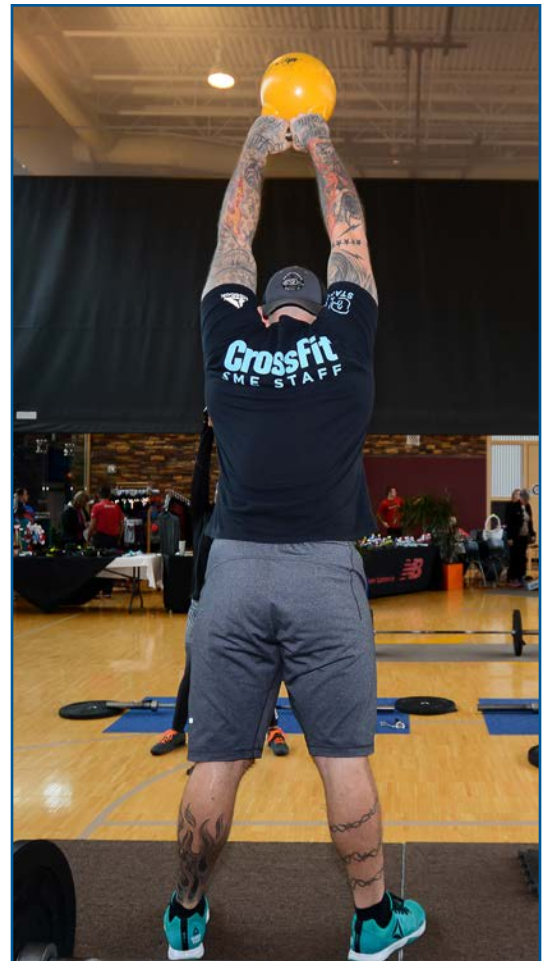
5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:35 a.m.	PiYo (AP)
6 a.m.–7 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (WS)
8 a.m.–9:45 a.m.	Pickleball
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	<i>Jen</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:30 a.m.	Weight Watchers
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:45 a.m.	LeBarre (CJ)
10:50 a.m.–11:15 a.m.	Foam Roller (CJ)
11 a.m.–12 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
12 p.m.–1 p.m.	STEP Walking Club
3 p.m.–4 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 p.m.–7 p.m.	Youth Wii Weekly Tournaments
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	STRIDE Running Club (KP)
5:30 p.m.–6:30 p.m.	Yoga: Basic (NH)
5:45 p.m.–6:25 p.m.	Z-Box (ED)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
6 p.m.–7:45 p.m.	TOPS
6:30 p.m.–7:15 p.m.	Barre None (DD)
6:30 p.m.–7:30 p.m.	Couch to CrossFit
6:40 p.m.–7:25 p.m.	Group Cycling (KP)
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)
7:30 p.m.–8:55 p.m.	Volleyball: Drop-In



## 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.–8 a.m. Basketball: All Ages Drop-In  
 6 a.m.–7 a.m. CrossFit  
 7 a.m.–8 a.m. Couch to CrossFit  
 8:05 a.m.–8:50 a.m. Strength and Stability (KK)  
 9 a.m.–9:45 a.m. Group Cycling: Virtual Ride  
 9 a.m.–9:55 a.m. *Jem* Zumba Gold (DD)  
 9 a.m.–10 a.m. CrossFit  
 10 a.m.–10:30 a.m. Deep Stretch (DD)  
 10 a.m.–11:45 a.m. Pickleball  
 10:35 a.m.–11:10 a.m. Live Long Live Strong (RV)  
 10:35 a.m.–11:15 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 (WS)  
 12 p.m.–1 p.m. Basketball: Open Shoot  
 12 p.m.–1 p.m. Tiny Tot Playgroup  
 12:10 p.m.–12:28 p.m. 18-Minute Blast (MB)  
 2 p.m.–3 p.m. Phase III Cardiac Rehab (JE)  
 3 p.m.–5 p.m. BRIDGE: Kids Only  
 4:30 p.m.–5:30 p.m. CrossFit  
 4:45 p.m.–5:15 p.m. Group Cycling: Virtual Ride  
 5 p.m.–5:30 p.m. Zumba: Kids (4-7) (JH)  
 5 p.m.–5:55 p.m. Zumba (DD)  
 5:30 p.m.–6 p.m. 30-Minute Blast (TS)  
 5:30 p.m.–6:15 p.m. *Jem* Turning Point: Fitness  
 5:30 p.m.–6:15 p.m. Zumba: Kids (8-12) (JH)  
 5:30 p.m.–6:30 p.m. CrossFit  
 5:30 p.m.–6:30 p.m. Yoga: Basic (AT)

5:40 p.m.–6:40 p.m. Triathlon Training (pool) (ToS)  
 6 p.m.–6:55 p.m. Z-Box (TD)  
 6:10 p.m.–7 p.m. PiYo (CD)  
 6:15 p.m.–7 p.m. Youth Pop Up Crafts  
 6:30 p.m.–7:30 p.m. CrossFit  
 6:40 p.m.–7:40 p.m. Yoga: Power (NH)  
 7 p.m.–8:55 p.m. Basketball: Adult Drop-In



CrossFit demo

## Fridays

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.–8 a.m.	Basketball: All Ages Drop-In
6 a.m.–7 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
8 a.m.–9:45 a.m.	Pickleball
9 a.m.–9:50 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	<i>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:30 a.m.	<i>Jem</i> Yoga: Basic (JD)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	Cardio+Sculpt (CJ)
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
3:30 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.	R.I.P.P.E.D. (TD)
6 p.m.–7 p.m.	CrossFit
6:45 p.m.–8:55 p.m.	Basketball: All Ages Drop-In



Recreational yoga

## Saturdays

7 a.m.–5 p.m.	Indoor & Outdoor Walking
8:05 a.m.–8:55 a.m.	PiYo (AP)
9 a.m.–9:45 a.m.	TurboKick (AP/CC)
9 a.m.–9:55 a.m.	Zumba (JH)
9 a.m.–10 a.m.	<i>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Strength & Stability (HR)
10 a.m.–11 a.m.	CrossFit
10 a.m.–11 a.m.	Yoga: Basic (KH)
10 a.m.–12 p.m.	Basketball: Adult Drop-In
11 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 p.m.	Live Long, Live Strong (RW)
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
3 p.m.–4:55 p.m.	Volleyball: Drop-In

## Sundays

9 a.m.–5 p.m.	Indoor & Outdoor Walking
9 a.m.–10 a.m.	<i>Jem</i> BRIDGE: Women-Only Workout
10 a.m.–10:45 a.m.	Strength & Stability (JE)
10 a.m.–12 p.m.	Basketball: Adult Drop-In
11 a.m.–11:45 a.m.	POUND (JE)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2 p.m.	Group Cycling: Virtual Ride

## Instructors

AP = Alicia P.	JM = Jessica M.
AT = Amanda T.	KH = Kelly H.
AW = Aaron W.	KK = Kim K.
CC = Christina C.	KP = Kasey P.
CD = Chrissy D.	KS = Kyla S.
CJ = Cheryl J.	MB = Matt B.
DD = Danielle D.	MM = Morene M.
ED = Ellen D.	MS = Miranda S.
ES = Elaine S.	NH = Nick H.
GR = Greg R.	RW = Rhonda W.
HR = Heather R.	TD = Taylor D.
JD = Jennifer D.	ToS = Todd S.
JE = Jenna E.	TS = Tom S.
JH = Jenny H.	WS = Wes S.
JJ = Jadine J.	

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



CHILL in GROW

## DO

### Skill Levels:

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



15-Minute Abs

## 30-Minute Blast (I, A)

Only a half-hour for a 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.
Tues.	7 p.m. – 7:30 p.m.
Wed.	5:45 a.m. – 6:15 a.m.
Thurs.	5:30 p.m. – 6 p.m.
Fri.	5:45 a.m. – 6:15 a.m.

## Ballroom Dancing (B, I)

**Instructor:** Kimberly Rodriguez

Explore the basic holds and patterns of ballroom dancing. Taught in the technique of two classic style. Beginners welcome. No previous training required. **Cost is per couple.** Childcare available (regular rates apply).

**Apr. 28 – May 19:** East Coast Swing & Foxtrot

**Cost:** \$100/four-week session  
**MOVE Member:** \$80/four-week session

Fri.	6:45 p.m. – 7:45 p.m.
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30-Minute Blast

## Barre None (B)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises work muscle strengthening, flexibility, balance and agility. Does not require a barre.

**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.	6:30 p.m. – 7:15 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.	7 p.m. – 8:55 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	10 a.m. – 12 p.m.
Sun.	10 a.m. – 12 p.m.



Basketball: Adult Drop-In

## 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.	5:45 a.m. – 8 a.m.
Fri.	5:45 a.m. – 8 a.m. 6:45 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 p.m.
Wed.	3 p.m. – 4 p.m.
Fri.	3:30 p.m. – 5:30 p.m.



Bootcamp

## Bootcamp (I)

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.

## *Jem* 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.
Sun.	9 a.m. – 10 a.m.

## Cardio+Sculpt (B, I, A)



Cardio conditioning with simple movement patterns using the BOSU Balance Trainer (optional), interspersed with intervals of muscle strengthening and endurance for a total body workout.

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

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

## Cardio Dance (B, I, A)

Dance to today's hottest music in this high-energy fitness class.

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

**MOVE Member:** FREE

Tues. 5 p.m. – 5:55 p.m.

## Circuit Training (B, I)

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

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

**MOVE Member:** FREE

Tues. 11:15 a.m. – 11:45 a.m.

Thurs. 11:15 a.m. – 11:45 a.m.

## Couch to CrossFit (B)

Introductory class teaches beginners proper form and technique in preparation for mainstream CrossFit classes. Beginner classes are two days per week, and participants are welcome to attend any CrossFit class. **There is a \$40 enrollment fee upon start-up of membership.**

**Cost:** \$80/month

**MOVE Member:** \$50/month

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

Mon. & Wed. 6:30 p.m. – 7:30 p.m.

Tues. & Thurs. 7 a.m. – 8 a.m.



CrossFit in SPARK

## CrossFit (B, I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettle bells and more. Workouts tailored for all fitness levels. See Couch to CrossFit program for those getting started. **There is a \$40 enrollment fee upon start-up of membership.**

**Cost:** \$80/month

**MOVE Member:** \$50/month

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

See page 37 for days and times.

## Family POUND

Channel your “inner rock star” and fuse cardio interval training with drumming to provide a challenging, heart-pounding workout for the whole family. Limited number of Ripstix available to check out or purchase.

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

**MOVE and GROW Members:** FREE

Mon. 6:30 p.m. – 7:15 p.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

Tues. 7:30 p.m. – 7:45 p.m.

Wed. 10:50 a.m. – 11:15 a.m.

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:** \$5/drop-in  
**MOVE Member:** FREE\*

Tues.	5:45 a.m. – 6:30 a.m. 9 a.m. – 9:45 a.m.
Wed.	6:40 p.m. – 7:25 p.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.*



Fun Fitness

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

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

**Cost:** \$5/drop-in  
**MOVE Member:** FREE\*

Tues.	4:45 p.m. – 5:30 p.m.
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*\*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.
Thurs.	9 a.m. – 9:45 a.m. 4:45 p.m. – 5:15 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	12 p.m. – 1 p.m.
Sun.	1 p.m. – 2 p.m.



Group Cycling: Spin & Sculpt

## Hoop Dancing

**Instructor: Nat VanHaitsma**

A fun form of self-expression, consisting of body tricks and movements (commonly called "flow") using a hula hoop. Considered both exercise and a form of movement meditation. Hoops are provided. No experience necessary.

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

**MOVE Member: \$25/four-week session**

May 7-28 Sun. 12 p.m. – 1 p.m.

## 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. Walking direction changes daily. Includes 1/5-mile outdoor walking path in PRESERVE.

**Cost: FREE**

## LeBarre (B, I, A)

Barre at its best! Participants use the LeBert Equalizer bar to work core strength, muscle endurance and flexibility while improving posture and stamina.

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

**MOVE Member: \$15/six-week session**

Wed. 10 a.m. – 10:45 a.m.



Live Long, Live Strong

## 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.

Sat. 11 a.m. – 12 p.m.

## Parkinson's Exercise Class

Designed as a next step for graduates of the LSVT BIG program. Involves exercises and techniques designed 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.

## Phase III Cardiac Rehab

Designed for patients who have successfully completed a Cardiopulmonary Rehab program to continue to develop cardiovascular ability and enhance overall strength and function.

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

**MOVE Member: FREE**

Tues. 9 a.m. – 10 a.m.

Thurs. 2 p.m. – 3 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.	8 a.m. – 9:45 a.m.
Tues.	10 a.m. – 11:45 a.m.
Wed.	8 a.m. – 9:45 a.m.
Thurs.	10 a.m. – 11:45 a.m.
Fri.	8 a.m. – 9:45 a.m.

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

## POUND (B, I)

Channel your “inner rock star” and fuse cardio interval training with drumming to provide a challenging, heart-pounding workout. Limited Ripstix available to check out or purchase.

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

**MOVE Member:** FREE

Sun.	11 a.m. – 11:45 a.m.
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## R.I.P.P.E.D.

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

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

**MOVE Member:** FREE

Tues.	6 p.m. – 7 p.m.
Fri.	5:30 p.m. – 6:30 p.m.

## Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome, minimum weight requirement of 45 pounds; a signed waiver must be on file. Come try the nine climbing routes.

**Cost:** FREE

Sat.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.

## STEP Walking Club

Enjoy the many benefits of walking as part of this weekly group that takes to EXPLORE, the indoor and outdoor walking paths. Build energy, manage stress and so much more.

**Cost:** FREE

Mon.	12 p.m. – 1 p.m.
Wed.	12 p.m. – 1 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.	8:05 a.m. – 8:50 a.m.
Thurs.	8:05 a.m. – 8:50 a.m.
Sat.	10 a.m. – 10:45 a.m.
Sun.	10 a.m. – 10:45 a.m.



Strength & Stability

## 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. 5:30 p.m. – 6:30 p.m.

Wed. 5:30 p.m. – 6:30 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.

Fri. 9 a.m. – 9:50 a.m.  
4:45 p.m. – 5:30 p.m.



Triathlon Training

## Triathlon Training

Train for the upcoming triathlon season. Classes held at ALIVE and the Charlotte Aquatic Center. **Orientation is Tuesday, Feb. 21** when training workouts will be distributed. Triathlon registration fee not included. Childcare is available (regular rates apply).

**Cost:** \$60/twelve-week session

\$40/six-week session

**MOVE Member:**

\$50/twelve-week session

\$30/six-week session

Tues. 5:40 p.m. – 6:40 p.m.

Thurs. (pool) 5:40 p.m. – 6:40 p.m.

## TRX/Kettlebell Combo (I, A)

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:** \$45/six-week session

**MOVE Member:** \$15/six-week session

Tues. 8:05 a.m. – 8:50 a.m.

## Turbo Kick (B, I, A)

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

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

**MOVE Member:** FREE

Mon. 5:40 p.m. – 6:30 p.m.

Sat. 9 a.m. – 9:45 a.m.

## Volleyball: Drop-In (B, I)

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

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

Mon.	7 p.m. – 8:55 p.m.
Wed.	7:30 p.m. – 8:55 p.m.
Sat.	3 p.m. – 4:55 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

Tues.	10:35 a.m. – 11:15 a.m.
Wed.	5:45 p.m. – 6:25 p.m.
Thurs.	10:35 a.m. – 11:15 a.m. 6 p.m. – 6:55 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.	5 p.m. – 5:55 p.m.
Sat.	9 a.m. – 9:55 a.m.

## Jem Zumba Gold (B, I)

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

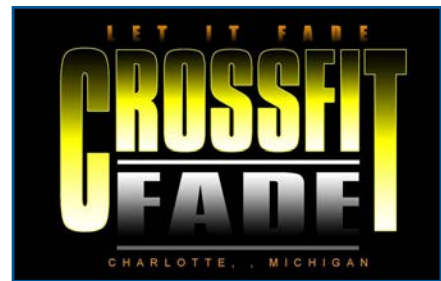
**Cost:** \$30/six-week session\*  
**MOVE Member:** FREE

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

## 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.	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.*
Friday	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 6 p.m. – 7 p.m.
Saturday	9 a.m. – 10 a.m. 10 a.m. – 11 a.m.

## Couch to CrossFit

Mon. & Wed.	6:30 p.m. – 7:30 p.m.
Tues. & Thurs.	7 a.m. – 8 a.m.

\*Tuesday and Thursday only

## 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

Mon.	6:35 p.m. – 7:25 p.m.
Wed.	5:45 a.m. – 6:35 a.m. 4:45 p.m. – 5:35 p.m.
Thurs.	6:10 p.m. – 7 p.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 a.m. – 12 p.m.
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### 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.	5:30 p.m. – 6:30 p.m. 6:40 p.m. – 7:40 p.m.
Tues.	9:30 a.m. – 10:30 a.m. 7 p.m. – 8 p.m.
Wed.	5:30 p.m. – 6:30 p.m. 6:40 p.m. – 7:40 p.m.
Thurs.	5:30 p.m. – 6:30 p.m.
Fri.	<i>Jeri</i> 9:30 a.m. – 10:30 a.m.
Sat.	10 a.m. – 11 a.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.
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**EAT**

**CHEF'S TABLES**

*Sit back, relax and let the chef do all the work.  
Enjoy a delicious meal prepared before you.*

**Chicken Francaise**

**Chef Richard Taylor**

Savor this mouth-watering chicken dish sauteed in a rich lemon butter sauce paired perfectly with green beans, smashed potatoes and tiramisu. Childcare is available (regular rates apply).

**Cost: \$30**

Fri., May 19 6:30 p.m. – 7:30 p.m.

**Jumbo Stuffed Shrimp**

**Chef Richard Taylor**

Fill up on this hearty, seafood-filled feast featuring jumbo crab-stuffed shrimp, parmesan mashed potatoes, steamed broccoli and delicious pound cake with raspberry compote. Childcare is available (regular rates apply).

**Cost: \$30**

Fri., May 5 6:30 p.m. – 7:30 p.m.



Chef's Table; Jumbo Stuffed Shrimp

**Shrimp D'Angelo**

**Chef Richard Taylor**

Enjoy a delectable dinner of shrimp d'angelo accompanied by angel-hair pasta with a creamy rosemary garlic sauce, sauteed greens and surprise dessert. Childcare is available (regular rates apply).

**Cost: \$30**

Fri., Mar. 17 6:30 p.m. – 7:30 p.m.

**Stuffed Chicken**

**Chef Richard Taylor**

Give your tastebuds a delight with this decadent ham, roasted red pepper and swiss-stuffed chicken breast topped off with a flavorful white wine sauce and perfectly paired with the chef's special saffron rice, mixed vegetables and key lime pie. Childcare is available (regular rates apply).

**Cost: \$30**

Fri., Apr. 21 6:30 p.m. – 7:30 p.m.

**Stuffed Filet Mignon**

**Chef Richard Taylor**

Experience the chef's specialty with a twist – filet mignon stuffed with portabello mushrooms. The chef shares his secret on how to prepare a filet. Accompanied by perfectly-paired side dishes of garlic mashed potatoes and vegetables as well as a surprise dessert. Childcare is available (regular rates apply).

**Cost: \$35**

Fri., Apr. 28 6:30 p.m. – 7:30 p.m.

## DEMONSTRATIONS

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

### Buddha Bowls *Rx*

**Instructor: Ellen Dreps**

Indulge in this scrumptious, healthy meal in a bowl. Begin with a quinoa or rice base, top with colorful yummy toppings, a dressing and you'll be back for more. Can be vegan, macro-friendly, gluten-free or any variation you'd like. Enjoy a healthy dessert to top it all off.

**Cost: \$20**

Tues., May 16 6 p.m. – 7:30 p.m.

### Cooking on a Shoestring Budget *Rx*

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

Making meals on a budget doesn't have to mean settling for the same boring, tasteless dinners. Learn how sensible shopping can make the most of a few simple ingredients.

**Cost: \$20**

Thurs., May 11 6:30 p.m. – 7:30 p.m.



Demonstration in RELISH

### Faux Pasta Three Ways *Rx*

**Instructor: Ellen Dreps**

If you love Italian food and crave comfort food, we've got you covered in a healthy way. Come try our healthy versions of faux pasta, cauliflower breadsticks and a healthy Italian dessert.

**Cost: \$20**

Tues., Mar. 21 6 p.m. – 7:30 p.m.

### Healthy Cooking for Adults

**Instructor: Hanna Hazel, MSU Extension**

Free cooking demo by the MSU Extension office for every experience level, offering education on culinary skills, nutrition and using new recipes. **Call (517) 543-2310 to register and see if you qualify.**

**Cost: FREE (limited to first 15 people)**

Wed., May 17 6 p.m. – 8 p.m.

### Healthy Crockpot Meals *Rx*

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

Planning meals ahead can be tricky with a busy schedule. Learn how using a crockpot can simplify preparing healthy dinners.

**Cost: \$20**

Thurs., Mar. 16 6:30 p.m. – 7:30 p.m.

*Rx* – Ludwig vouchers accepted



Healthy Cooking for Adults

## Lickity Split Meals *Rx*

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

Healthy meals don't have to take all day. Put together nutritious meals for your family in less than 15 minutes.

**Cost: \$20**

Thurs., April 27 6:30 p.m. – 7:30 p.m.

## Spiralizing 101 *Rx*

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

Cut carbs by eliminating pasta. This class teaches how to transform ordinary vegetables into tasty healthy noodles.

**Cost: \$20**

Thurs., May 18 6:30 p.m. – 7:30 p.m.

## Vegan: Korean

**Instructor: Karen Cross**

Experience this unique world fare turned vegan. Create Korean vegetable pancakes with dipping sauce, sushi balls, Korean bean sprout soup and more. Leave full and educated on new flavorful, healthy dishes to make at home.

**Cost: \$25**

Wed., Mar. 22 6:30 p.m. – 7:30 p.m.



Spiralizing 101

## Vegan: Lebanese

**Instructor: Karen Cross**

Create incredible, vegan-friendly Lebanese dishes that will excite your taste buds. Learn to prepare spicy (or not-so-spicy) falafel sandwiches made from hummus, tabbouli and tahini with pita bread, and the chef's special Lebanese cabbage salad.

**Cost: \$25**

Wed., Apr. 26 6:30 p.m. – 7:30 p.m.

## WORKSHOPS

*Embrace your inner chef and perform tasks you never thought possible in our hands-on workshops. Work one-on-one with the chefs and learn new, impressive cooking skills. Plus, take home creations.*

## Date Night: Sushi

**Instructor: Chef Brooke LaFore & Ellen Dreps**

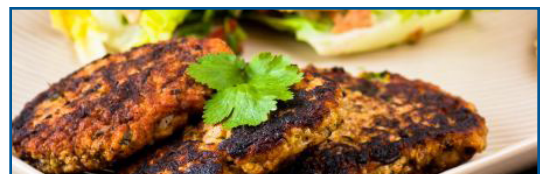
Create two delicious custom sushi rolls in this hands-on class. Get rolling with a delicious ginger salad, two handmade rolls and finish with a surprise dessert. Childcare is available for an additional cost.

**Cost: \$20**

Fri., Mar. 24 6:30 p.m. – 7:30 p.m.

Fri., May 12 6:30 p.m. – 7:30 p.m.

*Rx* – Ludwig vouchers accepted



Vegan: Lebanese

## Mastering Macarons

**Instructor: Chef 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 work to create a dozen to take home.

**Cost: \$30**

Wed., Apr. 19                      6 p.m. – 8 p.m.

## Sushi Roll & Go

**Instructor: Chef Brooke LaFore**

Drop-in anytime during the lunch hour and learn how to roll sushi. Eat in or take two rolls to go. A great option for a healthy lunch. All supplies provided; beverage included.

**Cost: \$10 per class**

Thurs., Mar. 2                      12 p.m. – 1 p.m.

Thurs., Apr. 6                      12 p.m. – 1 p.m.

Thurs., May 4                      12 p.m. – 1 p.m.

*For children's cooking classes, please refer to page 61 of the GROW section.*



Mastering 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., Mar. 21                      1:30 p.m. – 2:45 p.m.

Tues., Apr. 18                      1:30 p.m. – 2:45 p.m.

Tues., May 16                      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., Mar. 20                      6:30 p.m. – 7:45 p.m.

Mon., Apr. 17                      6:30 p.m. – 7:45 p.m.

Mon., May 15                      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., Mar. 23                      6:30 p.m. – 8 p.m.



## Mission: Recovery

Provides support for individuals struggling with eating complications, as well as family and friends coping with the challenges of a loved one with an eating disorder. Meetings may include informal conversations as well as opportunities for discussion with healthcare professionals.

**Cost: FREE**

Thurs., Mar. 9 6:30 p.m. – 7:45 p.m.

Thurs., Apr. 13 6:30 p.m. – 7:45 p.m.

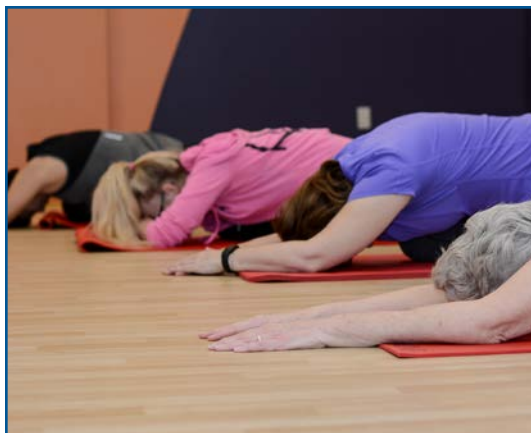
Thurs., May 11 6:30 p.m. – 7:45 p.m.

## 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](http://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 Yoga

## *Jem* 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. Class includes health and fitness assessments, nutrition education and more – all focused on participants' specific needs. Attend as many classes as you're able. *Registration required; call (517) 543-1050 ext. 1736.*

**Cost: FREE**

Fitness: Mon. 5:30 p.m. – 6:15 p.m.

Thurs. 5:30 p.m. – 6:15 p.m.

Yoga: Fri. 9:30 a.m. – 10:30 a.m.

## Weight Watchers

**Leader: Jeanne H.**

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. Visit [weightwatchers.com](http://weightwatchers.com) for pricing and promotions.

Tues. 5:30 p.m. – 6:30 p.m.

Wed. 9:30 a.m. – 10:30 a.m.



Weight Watchers

## THINK

### PRESENTATIONS

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

#### Alternatives to Anger

**Presenter: Hanna Hazel, MSU Extension**

Participants learn to better manage anger and stress at home and in the workplace. Through presentations, group discussion and skill-building activities, participants learn what anger is, what triggers anger, methods to decrease stress, principles of problem solving, and effective communication skills. The series builds upon techniques learned in previous class periods so it is necessary to attend all four sessions. **Pre-registration required; call (517) 543-2310.**

**May 1, 8, 15, 22**

**Cost: \$10**

Mon. 7 p.m. – 8 p.m.



Presentation in DIRECT

#### Career Lifestages & Finance Series

Learn fundamentals such as how to choose benefits, establish a budget and find the right mortgage to how to care for older relatives, explore different retirement plans and maximize money growth in this valuable series.

- Mar. 9: Early Career: Establishing Yourself
- Apr. 13: Middle Career: Expanding Your Household
- May 11: Late Career: Planning Your Retirement

**Cost: FREE**

Thurs., Mar. 9	7 p.m. – 8 p.m.
Thurs., Apr. 13	7 p.m. – 8 p.m.
Thurs., May 11	7 p.m. – 8 p.m.

#### Creating Confident Caregivers®

Provides persons caring for a loved one with dementia in their home with information, skills and attitudes to manage stress and increase effective caregiving skills. Two-hour sessions, led by dementia-care specialists are held once each week for six weeks. This program provides the tested and effective Savvy Caregiver Program. For non-professional caregivers only. **Pre-registration required; call (517) 887-1447.**

**Mar. 2 – Apr. 6**

**Cost: FREE**

Thurs. 2 p.m. – 4 p.m.

## Essential Oils for Spring

**Speaker: Rindy Handy**

Learn how essential oils may support your body through the spring months as well as some refreshing blends for the seasonal change.

**Cost: FREE**

Thurs., Mar. 30 6:30 p.m. – 7:30 p.m.

## Financial Fitness

Learn how to improve money skills. Housing Services Mid Michigan offers four free classes designed to improve financial wellness. Topics include: money management, spending, saving, borrowing, credit repair, insurance, consumer protection and fair housing. **Pre-registration required; call (517) 541-1180. (Maximum 12 people.)**

**Cost: FREE**

Mar. 7–28      Tues. 6 p.m. – 8 p.m.

Apr. 4–25      Tues. 6 p.m. – 8 p.m.

## Interactive Stroke Event

HGB and Sparrow Hospital host an interactive, educational event in May in honor of National Stroke Awareness Month featuring a presentation by a local physician expert. Date information will be announced in early spring. **Lunch included for those who pre-register by the Friday prior to the event, call (517) 541-5800, opt. 1.**

**Cost: FREE**

Date TBA      11:30 a.m. – 1 p.m.

## Is Big Brothers Big Sisters For You?

**Speaker: Rich Howard**

Learn about this exciting program happening in Charlotte. You'll hear about the benefits and opportunities of mentoring through Big Brothers Big Sisters.

**Cost: FREE**

Thurs., Mar. 16 6:30 p.m. – 7:30 p.m.

## Kidney Smart

**Speaker: Chereese Ford-Payne**

Learn how kidneys function and the causes of chronic kidney disease. Also how medications, diet and nutrition work together to keep you healthy and what treatment choices are available.

**Cost: FREE**

Thurs., Mar. 30      5 p.m. – 7 p.m.

## Professional Speaker Series: Communicating with Teens

**Speaker: Jamie Lightner**

Sometimes it seems as if we need to permanently ground our children just to get them to graduation. Join this parenting presentation discussing the difference between punishment and a consequence, and why one is more effective than the other. Collect some tools for communicating with your teen. Light refreshments provided.

**Cost: FREE**

Thurs., Mar. 23 5:30 p.m. – 6:30 p.m.

## Professional Speaker Series: Creating a Powerful Personal Presence

**Speaker: Janet Freund**

Learn the essential elements to creating an authentic, powerful visual presentation. It begins with an intention to make your outside appearance support and represent your inner self, and it ends with wardrobe choices that are "so you." Light refreshments provided.

**Cost: FREE**

Wed., Apr. 12      6 p.m. – 7 p.m.

## Professional Speaker Series: Hand & Wrist Pain

**Speaker: Stacy Tapscott, OTR/L, CHT & Chet LaFave, OTR/L**

If you have pain in the elbow that worsens with use, and that makes it hard to exercise or do your leisure activities ... if you have painful tingling in your fingers that wakes you up at night ... then you may have tennis elbow or carpal tunnel syndrome. Don't miss this presentation on diagnosis, symptoms, therapy and surgical options. **Lunch included for those who pre-register by Monday, March 20; call (517) 541-5800, opt. 1.**

**Cost: FREE**

Thurs., Apr. 27      11:30 a.m. – 1 p.m.

## Professional Speaker Series: Yoga for Life Balance

**Speaker: Jessica McCrumb**

If you are curious about yoga but have been nervous to try it, then join this presentation on all of the benefits yoga can bring to your life. Whether a beginner or seasoned pro, leave feeling relaxed and balanced. Dress comfortably, as some movement is involved. Light refreshments provided.

**Cost: FREE**

Wed., May 24      6 p.m. – 7 p.m.

## Travel Talk: London & Paris

**Speaker: Liz Andrews**

Learn all you need to know about maximizing an excursion to London and Paris. From the airfare and history of these cities to the most popular sites and eateries, buckle up for some travel insights. Light refreshments provided.

**Cost: FREE**

Thurs., Mar. 16      5 p.m. – 6 p.m.



Travel Talk: London & Paris

## Jem Women's Tea

Mingle while enjoying tea and fresh baked goods. Enjoy a brief presentation by monthly guest speakers. Space is limited. Donations encouraged.

- Mar. 8: Celebrate International Women's Day with Barbara Fulton
- Apr. 12: Hand Health in honor of Occupational Therapy Month with Chet LaFave
- May 10: "Pairs Well with Tea" with Fay Binkowski

**Cost: FREE**

Wed., Mar. 8	2 p.m. – 3 p.m.
Wed., Apr. 12	2 p.m. – 3 p.m.
Wed., May 10	2 p.m. – 3 p.m.

## WORKSHOPS

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

### AARP Smart Driver Course

**Instructor: Brenda Dietrich**

The AARP Smart Driver Course, offered by AARP Driver Safety, is designed especially for drivers age 50 and older. Preserve your independence and learn strategies for driving safely as you age. Successful completion of this course may result in lower car insurance premiums. Contact your insurance company for more details. Course is eight hours and includes lunch.

**Cost (non-AARP Member): \$30**  
**AARP Member: \$25**

Sat., Apr. 22 8:30 a.m. – 4:30 p.m.

### Be A Tourist In Your Own Town

Purchase your "Be a Tourist in Your Own Town" passport beginning in May at GROW or from the Greater Lansing Convention & Visitors Bureau. Visit over 80 area attractions & hot spots including ALIVE.

**Cost: \$1/passport**

Sat., June 3 10 a.m. – 5 p.m.

### Beauty Tips for Busy Moms

**Instructor: Angela Noble**

Attend this educational and fun workshop to learn about time-saving and beauty-enhancing tricks for everyday makeup. Get answers to common questions about eye makeup, on-the-go beauty enhancements, complexion, lip color and evening makeup. One lucky participant will be selected to receive a makeover during the class.

**Cost: \$15**

Tues., May 9 6:30 p.m. – 7:30 p.m.

### Community CPR

**Instructor: HGB EMTs**

Full American Heart Association CPR certification course for the lay person. Includes infant, child and adult CPR and AED.

**Cost: \$25**

Sat., Apr. 29 10 a.m. – 12 p.m.

## Felt, Flowers & Fun

**Instructor: Katie Emery**

Welcome spring by creating a gorgeous felt flower wreath complete with a fun pennant banner. A variety of spring colors and decorations will be carefully curated prior to the class. Follow a few simple directions to create a masterpiece.

**Cost: \$30**

Tues., March 14 6:30 p.m. – 8 p.m.

## Glam Easter Eggs

**Instructor: Katie Emery**

Remember how much fun it was to decorate eggs as a child? This class touches on the basics of Easter egg decorating with a fun, sophisticated twist. Add metallics, glitter, and bling to create an array of gorgeous eggs. Please bring half a dozen hardboiled eggs. Adults only.

**Cost: \$10**

Tues., Apr. 11 6:30 p.m. – 7:30 p.m.



Glam Easter Eggs

## Group Hypnotherapy

**Instructor: Linda Knight, CHt**

Hypnosis helps us meet needs in healthy and beneficial ways to overcome weight management struggles (March 20), smoking (April 17) and even learn to self-hypnotize (May 15). Keep thoughts focused on desired benefits and conquer personal goals. Maximum 15 people per session. Pre-registration required; call (517) 541-5886.

**Cost: \$55**

**MOVE Member: \$50**

Mon., Mar. 20 4 p.m. – 5:15 p.m.

Mon., Apr. 17 4 p.m. – 5:15 p.m.

Mon., May 15 4 p.m. – 5:15 p.m.

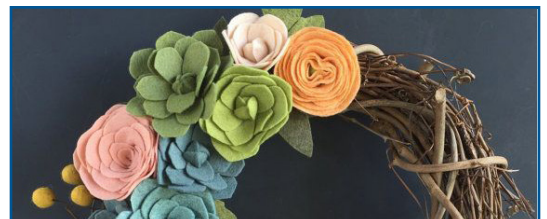
## How Will You Be Remembered?

**Instructor: Joe E. Pray**

Learn how to write your life story by recording favorite memories and preserving them for your family. Explore and demonstrate different ways to make it easy and fun to preserve favorite stories. Attendees are encouraged to bring their laptop to begin the program for themselves. Light refreshments provided.

**Cost: FREE**

Wed., May 17 6:30 p.m. – 7:30 p.m.



Felt, Flowers & Fun

## Open House: Spring

A quarterly event that focuses on upcoming programming and experiences. This quarter the line-up includes: **an 80's dance party in SOAR at 7 p.m. on Monday, Feb. 20**, custom ALIVE apparel (*only available to order during event*), 10% off program registrations and more available **only** during open house times listed below.

**Cost: FREE**

Mon., Feb. 20	5 p.m. – 7 p.m.
Tues., Feb. 21	10 a.m. – 12 p.m.

## Open House: Summer

A quarterly event that focuses on upcoming programming and experiences. This quarter the line-up includes: **a tropical dance party in SOAR at 7 p.m. on Monday, May 22**, custom ALIVE apparel (*only available to order during event*), 10% off program registrations and more available **only** during open house times listed below.

**Cost: FREE**

Mon., May 22	5 p.m. – 7 p.m.
Tues., May 23	10 a.m. – 12 p.m.



Baking with Kids: Easter Cookie Bouquets

## GROW

### American Girl Brunch Party

**Instructor: Chef Brooke Lafore**

Have a fabulous brunch alongside your American girl doll as you learn how to make healthy breakfast items together. Perfect for family and friends the morning after a fun sleepover! Leave this class with a complimentary American Girl gift and some yummy recipes. Ages 5-12.

**Cost: \$25**

Sat., Mar. 25	10 a.m. – 11 a.m.
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### Baking with Kids: Easter Cookie Bouquets

**Instructor: Chef Brooke LaFore**

Create a fun, cookie bouquet with adorable Easter-themed cookies. Decorate six delicious cookies and arrange them beautifully to share with family and friends. Ages 3-12 (children 3-6 must be accompanied by an adult).

**Cost: \$25/bouquet** (*max. two participants*)

Thurs., Apr. 13	6 p.m. – 7 p.m.
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### BRIDGE: Kids Only

Kids ages 9 to 12 can use the cardio equipment in BRIDGE independently. Must complete trainer orientation. Call (517) 543-9575 to schedule orientation.

**Cost: \$4/day**

**GROW Member: FREE**

Tues.	3 p.m. – 5 p.m.
Thurs.	3 p.m. – 5 p.m.

## Fairy Garden Light Workshop

**Instructor: Linda Yeager**

Create a fairy garden night light from a recycled drink bottle, and learn about recycling along the way. Bring an empty, clean 20 oz. plastic bottle (water, soda, etc.) with its cap, and be ready for creative crafting fun. All other materials provided. Ages 5-12 (children 5-6 must be accompanied by an adult).

**Cost: \$15 per child**

**GROW Member: \$12 per child**

Sun., May 7

1 p.m. – 3 p.m.

## FITKids

An interactive nutrition and fitness program for 7th and 8th graders. FITKids teaches students how to have fun and be safe while being more physically active and eating healthier foods. Weekly activities include a healthy snack upon arrival, nutrition lessons, a healthy meal preparation in the FITKids Café, food sampling, fitness lessons and activities. Free one-year MOVE membership awarded for successful completion of program. **Class does not meet April 6. Limited enrollment.**

**Cost: FREE**

Mar. 2– May 11 Thurs. 3:30 p.m. – 5:30 p.m.

## Five-Summits Challenge

Kids, take the challenge to reach the summit of five planned routes on ASCEND, the 24-foot rock climbing wall. Purchase the Five-Summits Challenge T-shirt for \$10 and help mark off each route conquered. See page 33 for rock climbing details. Ages 5 to 12; minimum weight requirement is 45 lbs.

## LEGO® Club

Have a passion for building with LEGOS®? Join other kids ages 8-12 years old and freely create unique structures each week. You will even get a FREE subscription to LEGO® magazine. LEGOS® provided and kept at ALIVE for use each week.

**Cost: GROW drop-in rates**  
**GROW Member: FREE**

Tues.

5 p.m. – 6 p.m.

## Parents' Great Escape

**NOW ON SATURDAYS!** Parents, drop the kids off for an evening of fun. Ages 3-12 can stay until 10 p.m. Supervised activities include: arts and crafts, scavenger hunt, group games, rock wall (45 lbs. and up) and more. Pizza dinner provided. *Pre-registration required by Wednesday prior to the event.*

**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., Mar. 18

6 p.m. – 10 p.m.

Sat., May 20

6 p.m. – 10 p.m.

## Pottery Plate Painting Workshop

**Instructor: My Creative Escape**

Looking for a handmade gift idea for Mother's Day or another special occasion? Paint a pottery dinner plate. Plates will be fired and ready for pick up a week later. Ages 2-12 (children 2-6 must be accompanied by an adult).

**Cost: \$20**

Sun., Apr. 30

1 p.m. – 3 p.m.



## Preschool Sports Sampler

**Instructor: Sydney Moore**

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

**Cost: \$15/three-week session**  
**GROW Member: \$12/three-week session**

Session 1: Mar. 4–18

Session 2: May 6–20

Sat. 1 p.m. – 2 p.m.

## Tail Wagging Tutors

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

**Cost: FREE**

## Tiny Tot Playgroup

Children ages 0 to 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**

Tues. 12 p.m. – 1 p.m.

Thurs. 12 p.m. – 1 p.m.



Preschool Sports Sampler

## Virtual Kids Workout

Kids 8-12 years old focus on a healthy lifestyle with a tailored workout. Have fun with friends while being active.

**Cost: GROW drop-in rates**  
**GROW Member: FREE**

Mon.

5 p.m. – 6 p.m.

## Youth Developmental Volleyball



**Instructor: Chrissy Davis**

Designed for 5th-8th graders, this program teaches skill development including setting, serving, scoring and more. Participants will pair-off to practice skills and scrimmage as a group. **Limited enrollment.**

**Cost: \$40/four-week session**  
**MOVE/GROW Member: \$35/four-week session**

Apr. 30 – May 21

Sun. 1:30 p.m.–3 p.m. (5th & 6th grades)

Sun. 3:15 p.m. – 4:45 p.m. (7th & 8th grades)

## Youth Pop Up Crafts

Kids ages 8-12 years old, come see what craft we have planned this week. Enjoy "make and take" seasonal projects for the budding crafter. Materials provided.

**Cost: GROW drop-in rates**  
**GROW Member: FREE**

Thurs.

6:15 p.m. – 7 p.m.

## Youth Practice & Play Basketball

**Instructor: Aaron Washington**

Kids 8-12 years old devote time to basketball skill development as well as simulated games or challenges in this facilitated class.

**Cost:** \$18/six-week session or \$5/drop-in

**GROW Member:** \$15/six-week session or \$4/drop-in

Tues. 4 p.m. – 4:45 p.m.

## Youth Wii Weekly Tournaments

Kids 8-12 years old, step into LEARN and put your name on the bracket for playing the weekly sports tournament on the Wii.

**Cost:** GROW drop-in rates

**GROW Member: FREE**

Wed. 5 p.m. – 7 p.m.

## Yoga: Kids

Children 6-12 years old explore a variety of yoga poses and games, and learn how to focus and center themselves as well as improve strength, flexibility and coordination. Develop a foundation for a life full of health and well-being.

**Cost:** GROW drop-in rates

**GROW Member: FREE**

Tues. 6 p.m. – 6:45 p.m.

## Zumba: Kids

Children 4-12 years old learn kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into class.

**Cost:** GROW drop-in rates  
**GROW Member: FREE**

Thurs. (ages 4-7) 5 p.m. – 5:30 p.m.

Thurs. (ages 8-12) 5:30 p.m. – 6:15 p.m.



Yoga: Kids



**GROW is a recreational and enrichment area for children ages 3 months to 12 years (ages 3 months to 24 months require reservations).**

**COST:**

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

Ask about our monthly membership opportunity. GROW membership is available to 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.**



Notes


## Notes


## HGB Service Directory

HGB – Main	543-1050
Ambulance Services	911 or 541-5912
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 1357
Diabetes Program	543-1050, ext. 1727
Emergency Department	911 or 543-9508
Endoscopy Station	541-5833
Food and Nutrition	541-5909
HGB Heart Station	541-5840
Human Resources	543-9502
Care Station	543-1050, ext. 3261 <i>(anticoagulation, infusion, urology)</i>
Laboratory	543-9505
Medical Records	543-1050, ext. 1397
Medical and Surgical Unit	543-1050, ext. 1303
Patient Financial Services	855-565-5238
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 1365
Urgent Care	541-5935

For more information about HGB services, visit [www.hgbhealth.com](http://www.hgbhealth.com).





800 W. Lawrence Ave.

Charlotte, MI 48813

[myalive.com](http://myalive.com)

Main (517) 541-5800

Fax (517) 541-5810

