



SUMMER PROGRAM GUIDE



May 28, 2018 – August 26, 2018
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 8 p.m.
Saturday	7 a.m. to 3 p.m.
Sunday	9 a.m. to 5 p.m.

NOURISH by The Big Salad

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

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

GROW

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

Children ages 3 months to 24 months require reservations.

Holidays

ALIVE will be closed in observance of Memorial Day (May 28) and Independence Day (July 4).

In addition, NOURISH will be closed:

- Saturday, May 26
- Saturday, June 16
- Saturday, July 7



NOURISH by The Big Salad

Directory

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

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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: May 28 – July 8**
- **Session 2: July 9 – Aug. 19**
- **Make-up: Aug. 20 – Aug. 26**

Four convenient registration methods:

- Log in to myalive.com.
- Call (517) 541-5800, opt. 1, unless a different phone number is listed.
- Visit ENCOUNTER (the MOVE or FUSE front desk).
- Register at our Open House and save 10% on programs or class fees (pgs. 50-51).

GATHER (Event Planning)

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

L!NK

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

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

Community LINK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 15% off printing of art projects at International Minute Press
- 20% off any lesson or program at The Power of Water
- 10% off purchases at So Simply
- 10% off purchases of active footwear at Charlotte Shoe Repair

Jem (Journey Experience Member)

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

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

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

Refunds

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

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



ALIVE Policies

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

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

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



facebook.com/ExperienceALIVE
[twitter.com: @ALIVEisYou](https://twitter.com/@ALIVEisYou)
[instagram.com: @aliveisyou](https://instagram.com/@aliveisyou)

Special Events

- May 17 Powerful Tools for Caregivers
Begins Pg. 45
- May 21 Open House: Summer Pg. 51
- May 22 Open House: Summer Pg. 51
- May 23 Professional Speaker Series: Reducing
Risk in Student Athletes Pg. 45
-

JUNE: Prevent

- June 2 Be A Tourist In Your Own Town Pg. 48
Straw Bale Gardening Pg. 52
- June 7 Gift of Heart Pg. 43
- June 9 Organized Eats Pg. 41
Parents' Great Escape Pg. 56
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begins Pg. 54
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The Years Pg. 46
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Osteoarthritis Pg. 46
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- June 28 Diabetes Support Group Pg. 42
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JULY: Energize

- July 5 Gift of Heart Pg. 43
- July 10 Group Cycling begins Pg. 27
- July 12 Healing Hearts Pg. 43
- July 16 CanHope Support Group Pg. 42
- July 17 Alzheimer's Support Group Pg. 42
Healthy Highschoolers Pg. 49
- July 18 Watercolor Techniques Pg. 52
- July 22 Kid's Summer Spa Pg. 55
- July 23 *Jem* Survive & Thrive: Cooking for
Breast Cancer Survivors Pg. 39
- July 25 *Jem* Survive & Thrive: Cooking for
Breast Cancer Survivors Pg. 39
- July 26 Diabetes Support Group Pg. 42
- July 28 A Closer Look at Plants and
Insects Pg. 54
Frontier Days Dance Pg. 27

Rx – Ludwig vouchers accepted

Register online at:
www.myalive.com

**Register at our Open House
and save 10% on programs or
class fees (pg. 50-51).**

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

AUGUST: Focus

- Aug. 2 Gift of Heart Pg. 43
Kid's Garden to Table Pg. 56
- Aug. 7 Home Organization begins Pg. 50
- Aug. 8 Back to School "Dos" Pg. 55
- Aug. 9 Garden to Grill *Rx* Pg. 40
Healing Hearts Pg. 43
- Aug. 11 Parents' Great Escape Pg. 56
- Aug. 15 Community CPR Pg. 48
- Aug. 18 Organized Eats Pg. 41
- Aug. 20 CanHope Support Group Pg. 42
Open House: Fall Pg. 50
- Aug. 21 Alzheimer's Support Group Pg. 42
Open House: Fall Pg. 50
- Aug. 22 Plant-Based Desserts Pg. 40
- Aug. 23 Diabetes Support Group Pg. 42
Kid's Garden to Table Pg. 56
- Sept. 8 live life. Nspired. Pg. 29
- Sept. 13 HGB Annual Gala Pg. 49

Rx – Ludwig vouchers accepted



EXPLORE outdoors

DID YOU KNOW?

- Washington Elementary School's "pizza garden" was built in May 2014 making their students the first group to participate in HARVEST, our community garden.
- Charlotte Upper Elementary created a "salsa garden" in 2015. Two dozen colored peppers were harvested and served to students at lunch.
- HARVEST provided approximately 50 pounds of produce to Helping Hands Food Pantry in both 2016 and 2017.
- Fresh garden vegetables are grown and served on patient trays at HGB.
- Fresh garden vegetables are grown and used to make "HARVEST specials" that are served to employees in the HGB café as well as to patrons in various RELISH cooking classes.
- The Lansing Food Bank Garden Project supports HARVEST by providing seeds, plants and other resources as needed for the growing season.





Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–9 a.m.	Pickleball
7:30 a.m.–8:15 a.m.	<i>Jern</i> Strength & Stability (KK)
8:20 a.m.–9:05 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
9:10 a.m.–9:55 a.m.	CardioFix (CJ)
9:10 a.m.–9:55 a.m.	Pilates: Basic Matwork (AT)
10 a.m.–10:45 a.m.	Barre Above (CJ)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–11 a.m.	Yoga: Fusion (JD)
11 a.m.–11:45 a.m.	Barre None (DD)
11 a.m.–12 p.m.	Family Fun Time
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Barre None (DD)
5:30 p.m.–6:10 p.m.	Cardio Hip Hop (AP)
5:30 p.m.–6:15 p.m.	Zumba: Kids (JH)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
5:45 p.m.–6:45 p.m.	STRIDE Running Club (KP)
6:15 p.m.–7:15 p.m.	Turbo Kick/PiYo (AP/CC)
6:30 p.m.–7:30 p.m.	Couch to CrossFit
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)

Tuesdays

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



Wednesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–9 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	TRX/Kettlebell Combo (CaD)
8:20 a.m.–9:05 a.m.	Tabata Bootcamp (CJ)
8:30 a.m.–9 a.m.	<i>Jern</i> Turning Point Program For Breast Cancer Survivors (KF)
9 a.m.–10 a.m.	CrossFit
9 a.m.–10:30 a.m.	Weight Watchers
9:10 a.m.–9:55 a.m.	CardioFix (CJ)
9:10 a.m.–9:55 a.m.	Pilates: Basic Matwork (AT)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–11 a.m.	Yoga: Basic (JD)
11 a.m.–12 p.m.	Family Fun Time
11:15 a.m.–12:15 p.m.	Tai Chi/Qigong Combo (ES)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:35 p.m.	PiYo (CC)
5:30 p.m.–6:15 p.m.	Zumba: Kids (JH)
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	Yoga: Fusion (NH)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
5:45 p.m.–6:30 p.m.	Z-Box (ED)
5:45 p.m.–6:45 p.m.	STRIDE Running Club (KP)
6 p.m.–7:45 p.m.	TOPS

6:30 p.m.–7:30 p.m.

Couch to CrossFit

6:35 p.m.–7:20 p.m.

Barre None (DD)

6:40 p.m.–7:40 p.m.

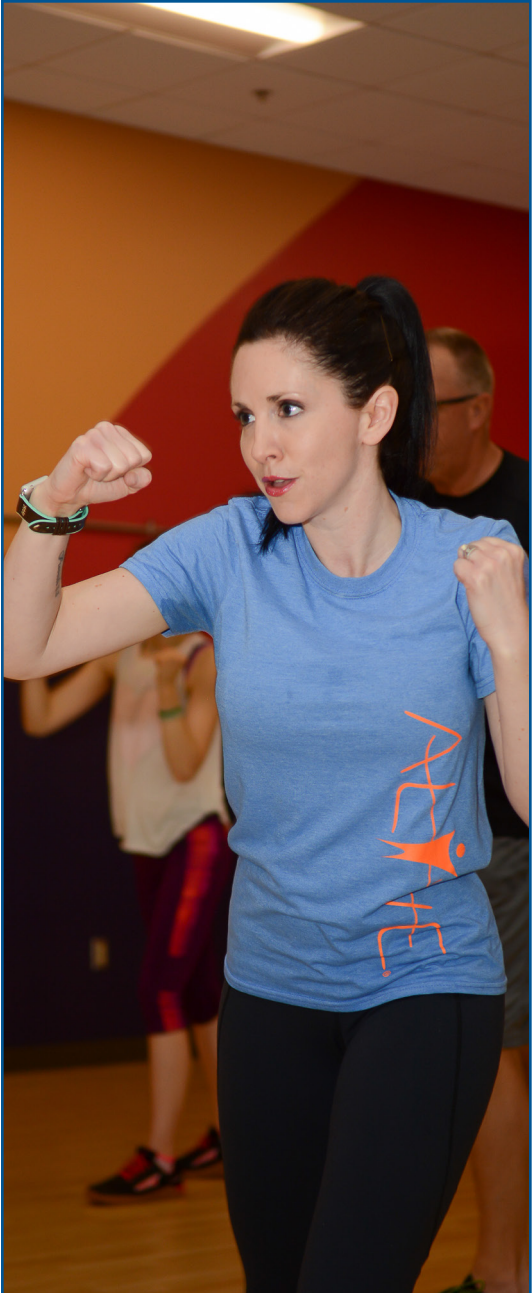
Yoga: Basic (NH)

7:30 p.m.–8:30 p.m.

Youth Developmental
Volleyball



Yoga:Basic in ENERGIZE



CORE DE FORCE in ENERGIZE

Thursdays

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

Fridays

5:30 a.m.–8 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:45 a.m.	CrossFit
5:45 a.m.–7 a.m.	Basketball: All Ages Drop-In
6:15 a.m.–6:30 a.m.	15-Minute Abs (GR)
7 a.m.–9 a.m.	Pickleball
8:20 a.m.–9:05 a.m.	Tabata Bootcamp (CJ)
9 a.m.–10 a.m.	CrossFit
9:10 a.m.–9:55 a.m.	CardioFix (CJ)
9:10 a.m.–10:10 a.m.	Yoga: Basic (JD)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
11 a.m.–11:25 a.m.	Foam Roller (MS)
11 a.m.–11:45 a.m.	Barre None (DD)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–5:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata Bootcamp (DD)
5:30 p.m.–6:30 p.m.	CrossFit
5:35 p.m.–6:35 p.m.	Rumble (TD)
6 p.m.–7:55 p.m.	Basketball: All Ages Drop-In



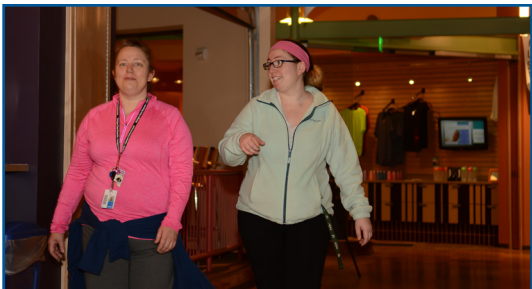
Floyd M. Jewell Memorial

Saturdays

7 a.m.–3 p.m.	Indoor & Outdoor Walking
8 a.m.–10 a.m.	Basketball: Adult Drop-In
8:05 a.m.–8:55 a.m.	PiYo (AP)
9 a.m.–9:55 a.m.	Zumba (JH)
9 a.m.–10 a.m. <i>Jern</i>	BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–11 a.m.	CrossFit
10 a.m.–11 a.m.	Yoga: Basic (NH)
11 a.m.–11:45 a.m.	Barre None (DD)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Group Cycling: Virtual Ride
12 p.m.–1 p.m.	Rock Climbing
1:15 p.m.–2:45 p.m.	Volleyball: Drop-In

Sundays

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



Walkers on EXPLORE



Instructors

AP = Alicia P. JM = Jaime M.
AT = Amanda T. KF = Kim F.
CaD = Carrie D. KK = Kim K.
CC = Christina C. KKo = Kimberly K.
CD = Chrissy D. KP = Kasey P.
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. TD = Taylor D.
JD = Jennifer D. TS = Tom S.
JH = Jenny H.

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



Pickleball in SOAR

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

15-Minute Abs (B, I)

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

Cost: \$20/six-week session

MOVE Member: FREE

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

18-Minute Blast (B, I)

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

Cost: \$20/six-week session

MOVE Member: FREE

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

30-Minute Blast (I, A)

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

Cost: \$30/six-week session

MOVE Member: FREE

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



Barre Above (B, I, A)

Offers the best of Lotte Berk's "The Bar Method" in combination with Pilates, yoga, strength training and ballet disciplines using the Equalizer portable bar. Take barre practice to the next level.

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

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

Barre None (B, I, A)

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

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

Mon.	11 a.m. – 11:45 a.m. 4:45 p.m. – 5:30 p.m.
Wed.	6:35 p.m. – 7:20 p.m.
Fri.	11 a.m. – 11:45 a.m.
Sat.	11 a.m. – 11:45 a.m.

Basketball: Adult Drop-In

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

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

Mon.	12 p.m. – 1 p.m.
Tues.	7:15 p.m. – 8:55 p.m.
Wed.	12 p.m. – 1 p.m.
Thurs.	6:45 p.m. – 8:55 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	8 a.m. – 10 a.m.
Sun.	10 a.m. – 12 p.m.

Basketball: All Ages Drop-In

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

Cost: \$4/drop-in

MOVE and GROW Members: FREE

Tues. 5:45 a.m. – 8 a.m.

Thurs. 5:45 a.m. – 8 a.m.

Fri. 5:45 a.m. – 7 a.m.
6 p.m. – 8:55 p.m.

Basketball: Open Shoot

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

Cost: FREE

Tues. 12 p.m. – 1 p.m.

Thurs. 12 p.m. – 1 p.m.

Sat. 12 p.m. – 1 p.m.

Sun. 12 p.m. – 1 p.m.

Basketball: Teen Drop-In

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

Cost: \$4/drop-in

MOVE Member: FREE

Mon. 3 p.m. – 4:30 p.m.

Tues. 3 p.m. – 4:30 p.m.

Wed. 3 p.m. – 4:30 p.m.

Thurs. 3 p.m. – 5:30 p.m.

Fri. 3 p.m. – 5:30 p.m.

Bootcamp (I, A)

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

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

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

Jem BRIDGE: Women-Only Workout

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

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

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

CardioFix (B, I, A)

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

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

Mon.	9:10 a.m. – 9:55 a.m.
Wed.	9:10 a.m. – 9:55 a.m.
Fri.	9:10 a.m. – 9:55 a.m.



Bootcamp in ENERGIZE

Cardio Hip Hop (B, I)

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

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

Mon. 5:30 p.m. – 6:10 p.m.

Circuit Training (B, I)

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

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

Tues. 11:15 a.m. – 11:45 a.m.

Thurs. 11:15 a.m. – 11:45 a.m.

CORE DE FORCE (B, I, A)

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

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

Tues. 10:35 a.m. – 11:05 a.m.



CORE DE FORCE in ENERGIZE

Couch to CrossFit (B)

Introductory class teaches beginners proper form and technique in preparation for mainstream CrossFit classes. Participants are welcome to attend any CrossFit class. There is a \$40 enrollment fee with 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 (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 with membership.

Cost:	\$80/month
MOVE Member:	\$50/month
Drop-in:	\$15/class

See page 35 for days and times.

Foam Roller (B, I)

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

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

Fri. 11 a.m. – 11:25 a.m.



Frontier Days Dance

Frontier Days Dance (B)

Instructor: Danielle Dolson

Have fun dancing alongside friendly faces. Learn custom choreography across six weeks that will be performed at Charlotte's annual Frontier Days. Performance details to be communicated. Includes tank top.

Cost: \$30

MOVE Member: \$25

July 28-Sept. 1 Sat. 10 a.m. – 10:45 a.m.

Fun Fitness (B)

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

Cost: \$4/drop-in

MOVE Member: FREE

Mon. 10 a.m. – 10:45 a.m.

Wed. 10 a.m. – 10:45 a.m.

Fri. 10 a.m. – 10:45 a.m.

Group Cycling (B, I, A)

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

Cost: MOVE guest pass

MOVE Member: FREE*

Running Session 2 only (see page 4)

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

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



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

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

Cost: MOVE guest pass
MOVE Member: FREE*

Tues.	8:05 a.m. – 8:50 a.m. 4:45 p.m. – 5:30 p.m.
Thurs.	4:45 p.m. – 5:30 p.m.

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

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

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

MOVE Member: FREE

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

Indoor & Outdoor Walking

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

Cost: FREE

live life. Nspired.

This annual HGB 5K run and 1.5-mile family walk is inspired by Natalie Freiburger's 11 years of life lived fully. Join participants from all walks of life for this unique generosity experience. Visit livelifeinspired.org for early registration dates and race start times.

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

Sat., Sept. 8 Registration: 8 a.m.
Race start: 9:45 a.m.

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.

Parkinson's Exercise Class

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

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

Tues. 11:15 a.m. – 12 p.m.
Thurs. 11:15 a.m. – 12 p.m.



live life. Nspired.

Pickleball

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

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

Mon.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Tues.	10 a.m. – 12 p.m.
Wed.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.
Thurs.	10 a.m. – 12 p.m.
Fri.	7 a.m. – 9 a.m. 1 p.m. – 2:45 p.m.

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

Ping Pong

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

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

Tues.	9:15 a.m. – 10:15 a.m.
Thurs.	9:15 a.m. – 10:15 a.m.
Sun.	12 p.m. – 1 p.m.



Pickleball in SOAR

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

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

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

Tues.

6 p.m. – 7 p.m.

Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome, minimum weight requirement of 45 pounds; review of waiver and sign-in required each time.

Cost: FREE

Sat.

12 p.m. – 1 p.m.

Rumble (I, A)

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

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

Fri.

5:35 p.m. – 6:35 p.m.



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

Jem Strength & Stability (B, I)

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

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

Mon.	7:30 a.m. – 8:15 a.m.
Thurs.	7:30 a.m. – 8:15 a.m.

STRIDE Running Club

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

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

Mon.	5:45 p.m. – 6:45 p.m.
Wed.	5:45 p.m. – 6:45 p.m.

Tabata Bootcamp (B, I, A)

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

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

Mon.	8:20 a.m. – 9:05 a.m.
Wed.	8:20 a.m. – 9:05 a.m.
Thurs.	6:35 p.m. – 7:20 p.m.
Fri.	8:20 a.m. – 9:05 a.m. 4:45 p.m. – 5:30 p.m.

TRX/Kettlebell Combo (I, A)

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

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Wed.

8:05 a.m. – 8:50 a.m.

Turbo Kick/PiYo (I, A)

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

Cost: \$30/six-week session

MOVE Member: FREE

Mon.

6:15 p.m. – 7:15 p.m.

Volleyball: Drop-In

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

Cost: \$4/drop-in

MOVE Member: FREE

Sat.

1:15 p.m. – 2:45 p.m.



TRX/Kettlebell Combo in SPARK

Z-Box (B, I)

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

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

Wed.	5:45 p.m. – 6:30 p.m.
Thurs.	10:35 a.m. – 11:10 a.m.

Zumba (B, I)

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

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

Tues.	5 p.m. – 5:55 p.m.
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*



Zumba in SOAR

CrossFit at AL!VE

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



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

* Skill development and training

** Tuesday and Thursday only

^ Gymnastics and Olympic weightlifting fundamentals

Couch to CrossFit

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

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



BREATHE

Deep Stretch (B, I)

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

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

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

Pilates: Basic Matwork (B)

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

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

Mon.	9:10 a.m. – 9:55 a.m.
Wed.	9:10 a.m. – 9:55 a.m.

PiYo (I, A)

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

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

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

Tai Chi/Qigong Combo (B)

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

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

Wed. 11:15 a.m. – 12:15 p.m.

Yoga: Basic (B)

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

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

Mon. 6:40 p.m. – 7:40 p.m.

Tues. 9 a.m. – 9:55 a.m.

Wed. 10 a.m. – 11 a.m.
6:40 p.m. – 7:40 p.m.

Thurs. 9 a.m. – 9:55 a.m.

Fri. 9:10 a.m. – 10:10 a.m.

Sat. 10 a.m. – 11 a.m.



Yoga: Basic in ENERGIZE

Yoga: Fusion (B, I, A)



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

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Mon.	10 a.m. – 10:55 a.m.
Wed.	5:30 p.m. – 6:30 p.m.
Thurs.	10 a.m. – 10:55 a.m. 5:30 p.m. – 6:30 p.m.

Yoga: Power (I, A)

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

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Thurs.	6:40 p.m. – 7:40 p.m.
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Yoga: Power in DIRECT

EAT

BE WELL IN THE KITCHEN

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

Jem Survive & Thrive: Cooking for Breast Cancer Survivors

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

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

Cost: FREE

Mon., July 23 5 p.m. – 6:30 p.m.

Wed., July 25 11:30 a.m. – 1 p.m.

Rx – Ludwig vouchers accepted



Be Well Cooking class in RELISH



DEMONSTRATIONS

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

Garden to Grill *Rx*

Instructor: Deb Dillon, MS, RDN

Celebrate summer and learn about fresh produce and the versatility to turn it into tasty recipes made on the grill. Ingredients for class recipes picked fresh from HARVEST, the community garden.

Cost: \$20

Thurs., Aug. 9 4:30 p.m. – 6 p.m.

Plant-Based Breakfast

Instructor: Karen Cross

Experience an awesome breakfast for dinner. Enjoy the vegan-friendly makings of cheesy egg and sausage breakfast burritos, berry crepes and bacon. Leave with the recipes to make later.

Cost: \$25

Wed., June 20 6:30 p.m. – 7:30 p.m.

Plant-Based Desserts

Instructor: Karen Cross

Create vegan-friendly, tasty desserts. Watch how key lime cheesecake, matcha ice cream and date pudding cake are made. Savor, enjoy and re-create at home.

Cost: \$25

Wed., Aug. 22 6:30 p.m. – 7:30 p.m.

Traditional Russian Cooking

Instructor: Inna Phelps

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

Cost: \$25

Wed., June 27

6 p.m. – 7:30 p.m.

WORKSHOPS

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

Organized Eats

Instructor: Gretchen Lain

Learn techniques and tricks to assist with meal preparation. From the organizational practices of shopping and planning meal prep to getting hands-on to make your meal.

Cost: \$25

Sat., June 9

10 a.m. – 12 p.m.

Sat., Aug. 18

10 a.m. – 12 p.m.

Rx – Ludwig vouchers accepted



Traditional Russian Cooking in RELISH



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., June 19	1:30 p.m. – 2:45 p.m.
Tues., July 17	1:30 p.m. – 2:45 p.m.
Tues., Aug. 21	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., June 18	6:30 p.m. – 8 p.m.
Mon., July 16	6:30 p.m. – 8 p.m.
Mon., Aug. 20	6:30 p.m. – 8 p.m.

Diabetes Support Group

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

Cost: FREE

Thurs., June 28	6:30 p.m. – 8 p.m.
Thurs., July 26	6:30 p.m. – 8 p.m.
Thurs., Aug. 23	6:30 p.m. – 8 p.m.

Gift of Heart

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

Thurs., June 7	6 p.m. – 8 p.m.
Thurs., July 5	6 p.m. – 8 p.m.
Thurs., Aug. 2	6 p.m. – 8 p.m.

Healing Hearts

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

Cost: FREE

Thurs., June 14	6:30 p.m. – 8 p.m.
Thurs., July 12	6:30 p.m. – 8 p.m.
Thurs., Aug. 9	6:30 p.m. – 8 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

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

Wed.	6 p.m. – 7:45 p.m.
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MINGLE in GATHER

Jem Turning Point Program For Breast Cancer Survivors

Leader: Kim Freiburger

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

Cost: FREE

Wed. 8:30 a.m. – 9 a.m.*

**Sessions may also be scheduled based upon participant availability.*

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 for pricing and promotions.

Tues. 5:30 p.m. – 7 p.m.

Wed. 9 a.m. – 10:30 a.m.



Weight Watchers in DIRECT

THINK

PRESENTATIONS

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

Powerful Tools for Caregivers

Presenter: MSU Extension

Learn how to take care of yourself while caring for a relative. Shared tools help reduce stress, communicate effectively, relax, make tough decisions, problem-solve and more. Covers topics including hiring in-home help, understanding depression, making legal and financial decisions, etc. Please note this class will not focus on specific diseases or hands-on caregiving for the care receiver.

Cost: FREE

May 17 – June 21 Thurs. 9 a.m. – 11 a.m.

Professional Speaker Series: Reducing Risk in Student Athletes

Speakers: Dr. Nicholas Doman, D.O. & Derek Sanders, ATC, LAT, ITAT

Listen to strategies to minimize the risk of injuries for student athletes. Many teens play sports year round and the stress and repetitive motion are producing more injuries in young athletes. Learn how conditioning can reduce the risks, and also how to treat injuries when they do occur. Refreshments provided. *Please pre-register by Monday, May 21; call (517) 541-5800, opt. 1.*

Cost: FREE

Wed., May 23 5:30 p.m. – 6:30 p.m.



Professional Speaker Series: Life To The Years

**Speakers: Dr. Michael James &
Michael Ranville**

Life to the Years is the story of a determined cardiologist, Dr. Michael James, and his equally determined patient, Michael Ranville, and how they fashioned a robust and productive life after heart disease. The presentation will be of keen interest not only for heart patients but their families as well. *Dinner provided for those who pre-register by Thursday, June 7; call (517) 541-5800, opt. 1.*

Cost: FREE

Mon., June 11

6 p.m. – 8 p.m.

Professional Speaker Series: Osteoarthritis

Speaker: Dr. Nicholas Doman, D.O.

Osteoarthritis is the most common form of arthritis and occurs over time as the ends of bones wear down. Dr. Doman, orthopedic surgeon, discusses the treatments and specialized procedures available to help patients return to their quality of life with quicker recovery rates and less pain. *Lunch included for those who pre-register by Friday, June 22; call (517) 541-5800, opt. 1.*

Cost: FREE

Tues., June 26

11:30 a.m. – 1 p.m.

Jem Women's Tee Time

Receive a group lesson on putting and chipping from Chris Mann at Maple Brook Golf Club, and learn about more *Jem* opportunities at ALIVE. Mingle and enjoy refreshments at the club; beverage and appetizers included. Bring golf club(s). **Space is limited to the first 20 registrants. Takes place at Maple Brook Golf Club, 681 Lansing St., Charlotte, MI.**

Cost: \$10

Wed., June 20

6 p.m. – 7 p.m.



Jem Women's Tee Time



WORKSHOPS

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

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 more 80 area attractions and hot spots including ALIVE.

Cost: \$1/passport

Sat., June 2

10 a.m. – 5 p.m.

Community CPR

Instructor: Eaton Area EMS Staff

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

Limited to the first 12 participants.

Cost: \$40

Wed., Aug. 15

4:30 p.m. – 6:30 p.m.

Father's Day Family Health Event

Celebrate this annual event that kicks off with the Colors United 5K at 8:30 a.m. at the Floyd M. Jewell Memorial, followed by a FREE summer cookout. Highlights: Playmakers satellite store, CrossFit Fade competition, door prizes, kids game area, health screenings and more. This year celebrate the outdoor EXPLORE expansion in PRESERVE, including the new story walk.

Cost: FREE

Sat., June 16

9 a.m. – 1 p.m.

Good Form Walking

Instructor: Playmakers

Good Form Walking is a technique focusing on simple, essential steps that allow for efficient, light and easy walking, along with effective stretching and strengthening techniques. Can benefit all levels of runners and walkers.

Cost: FREE

Sat., June 16 11 a.m. – 11:30 a.m.

Healthy Highschoolers

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

An interactive nutrition and fitness program for high school students that teaches participants how to have fun while being physically active and eating healthier. Weekly activities include facilitated workouts followed by meal preparation using garden-fresh produce from HARVEST. Limited enrollment.

Cost: FREE

July 17-Aug. 7 Tues. 1 p.m. – 2:30 p.m.

HGB Annual Gala

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

Cost: \$25

Thurs., Sept. 13 7 p.m. – 10 p.m.

Home Organization

Instructor: Gretchen Lain

Learn to reduce stress and improve productivity by getting your environment organized. Declutter, categorize, organize, maintain, and stop saying, "Where's my...?"

- **Session 1:** Assess & Plan
- **Session 2:** Supplies & Declutter
- **Session 3:** Categorize & Organize

Cost: FREE

Aug. 7-21 Tues. 4 p.m. – 5 p.m.

Open House: Fall

A quarterly event that focuses on upcoming ALIVE programming and experiences. Purchase custom product, receive 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

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



Home Organization

Open House: Summer

A quarterly event that focuses on upcoming ALIVE programming and experiences. Purchase custom product, receive 10% off program registrations, tours and more available **only** during open house times listed below.

Cost: FREE

Mon., May 21	5 p.m. – 7 p.m.
Tues., May 22	10 a.m. – 12 p.m.

Playmakers' Satellite Store

Don't miss Playmakers exclusive satellite store set up at ALIVE, which includes popular brands like Brooks, New Balance, Keen, Smartwool, Inov-8 and more.

Cost: FREE

Sat., June 16	9 a.m. – 1 p.m.
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Storywalk[®] Ribbon-Cutting Ceremony

Join the Charlotte Community Library for the official ribbon cutting ceremony at PRESERVE and help open the new Storywalk[®]. This project was made possible by Ladies of Generosity, The Friends of the Charlotte Library, Preston Baker (Eagle Scout) and ALIVE.

Cost: FREE

Sat., June 16	10 a.m. – 10:30 a.m.
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Playmakers' Satellite Store

Straw Bale Gardening

Instructor: Deb Dillon, MS, RDN

Planting a straw bale garden is one of the thriftiest, most versatile ways to grow vegetables and herbs anywhere there's sun. Let us show you how in this hands-on workshop.

Cost: FREE

Sat., June 2 9 a.m. – 10 a.m.

Watercolor Techniques

Instructor: Katie Emery

Learn how to use watercolors including several techniques, composition inspiration and colors. Participants are guided through this hands-on project to create their own masterpiece. Bring watercolors and watercolor paper; brushes and other supplies will be provided.

Cost: \$10

Wed., June 20 9 a.m. – 10:30 a.m.

Wed., July 18 9 a.m. – 10:30 a.m.



Watercolor Techniques

NOURISH

BY THE BIG SALAD

**SUMMER HOURS IN
EFFECT!**

MONDAY – THURSDAY

**9 a.m. to 3 p.m.
3 p.m. to 7 p.m.***

FRIDAY

9a.m. to 3 p.m.

SATURDAY

10 a.m. to 1 p.m.*

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

**Full menu includes salads and
sandwiches, as well as
Grab 'n' Go items
(soup, smoothies, chips,
coffee and beverages, etc.)**



GROW

A Closer Look at Plants and Insects

Instructor: Rebecca Barney

Experience a magnified view of the ways plants and insects work together to complete their life cycles in this family-friendly program. Identify insects, and learn the names and special features of the plants seen during this family walk on EXPLORE through PRESERVE.

Cost: FREE

Sat., July 28

1 p.m. – 2:30 p.m.

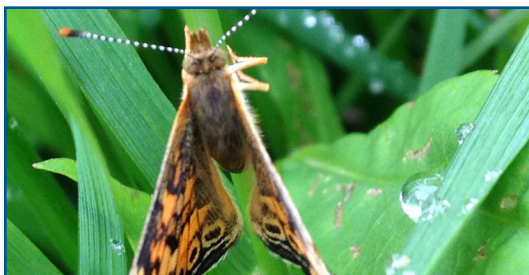
Babysitter Education Course

Instructor: Laurie Newland

This 12-hour, two-session course gives the confidence, skills and tools to be a great babysitter. Attendance at both dates is required for certificate of completion. Course includes: American Heart Association CPR/ First Aid certifications, a complete notebook of handouts, fun tools every babysitter needs for success and lunch both days. Ages 11-14 years.

Cost: \$50

Mon., June 11 & Tues., June 12 9 a.m. – 3 p.m.



A Closer Look at Plants and Insects

Back to School "Dos"

Instructor: Rachel Jones

Join us for this hands-on parent/child workshop to show you easy and cute hair styles. All hair accessories included. Take your goodies home to use later!

Cost: \$10

Wed., Aug. 8 5:30 p.m. – 6:30 p.m.

Family Fun Time



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

Cost: FREE

Mon. 11 a.m. – 12 p.m.

Wed. 11 a.m. – 12 p.m.

Kid's Summer Spa

Instructor: Linda Yeager

Does your child wish they could have a spa treatment? We have you covered. Kids will make and take a colorful soothing squishy soap, a "Funfetti" sugar scrub and learn relaxation techniques. All materials included. Ages 6-12 years old.

Cost: \$15

Sun., July 22 1 p.m. – 2:30 p.m.



Kid's Summer Spa



Kid's Garden to Table

Instructor: Ashley Riley, RDN

Celebrate summer by learning where food comes from. Ingredients for recipes picked fresh from HARVEST, the community garden. Ages 4-12 (children 4-6 must be accompanied by an adult). Includes brief nutrition lesson. Limited to 10 registrants per class.

Aug. 2: Pizza Making

Aug. 23: Burrito Bowls

Cost: \$20

Thurs., Aug. 2 4:30 p.m. – 6 p.m.

Thurs., Aug. 23 4:30 p.m. – 6 p.m.

Parents' Great Escape

Parents, drop the kids off for an evening of fun. Ages 3-12 can stay until 10 p.m. (young children must be fully potty-trained). 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.

June 9: School's Out/Neon Out

Aug. 11: Backyard Carnival

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., June 9 6 p.m. – 10 p.m.

Sat., Aug. 11 6 p.m. – 10 p.m.

Storywalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's Storywalk®. Enjoy a picture book and some simple activities that will engage the whole family. This summer's Storywalk® will feature Goldilocks and the Three Dinosaurs by Mo Willems. A new book will be featured every quarter (summer, fall and spring).

Cost: FREE

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try the rock climbing safari on ASCEND. Receive a sticker for the highest level attained. **See page 31 for the open rock climbing schedule.** Ages 5-12; minimum weight requirement is 45 lbs. A parent or guardian must sign in and be present during the session.

Tail Wagging Tutors

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

Cost: FREE



Parents' Great Escape



Tween Fitness

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

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

Thurs. 5:45 p.m. – 6:30 p.m.

Yoga: Kids

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

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

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

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

Youth Developmental Volleyball

Instructors: Chrissy Davis & Melanie Keusch

Developed for 5th through 8th graders, this program is designed to teach skill development including setting, serving, passing and more. Participants pair-off to practice skills and scrimmage as a group. **Limited enrollment.**

Cost: **\$30/six-week session**
MOVE/GROW Member:
\$25/six-week session

Wed. 7:30 p.m. – 8:30 p.m.

Youth Speed Clinic

Instructor: Matt Berger

Designed for 7th through 9th graders, this program utilizes special equipment and techniques to expose participants to speed, agility, quickness and coordination drills. Help improve student's performance for various sports and activities.

Cost: \$20

Sat., June 23

10 a.m. – 12 p.m.

Zumba: Kids

Children ages 3-12 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

Mon. 5:30 p.m. – 6:15 p.m.

Wed. 5:30 p.m. – 6:15 p.m.



Zumba: Kids in LEARN



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

COST:

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

GROW monthly memberships are available to children of MOVE members:

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

Current hours listed on page 2.

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



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

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. 52469
Diabetes Program	543-1050, ext. 52390
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 <i>(anticoagulation, infusion, urology)</i>	543-1050, ext. 52482
Laboratory	543-9505
Medical Records	543-1050, ext. 52105
Medical and Surgical Unit	543-1050, ext. 52605
Patient Financial Services	855-565-5238
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 52415
Urgent Care	541-5935

For more information about HGB services,
visit www.hgbhealth.com.





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Fax (517) 541-5810

