



WINTER PROGRAM GUIDE



November 27, 2017 – February 25, 2018
www.myalive.com

Hours of Operation

ALIVE and MOVE

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

NOURISH by The Big Salad

Monday – Thursday	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

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

GROW

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

Children ages 3 months to 24 months require reservations.

Holidays

ALIVE will be closed in observance of Christmas and New Year's Day and open limited hours the following days: 6:30 a.m. to 3 p.m., Nov. 24; and 9 a.m. to 3 p.m., Christmas Eve and New Years Eve.

In addition, NOURISH's holiday hours are as follows:

- Fri., Nov. 24, and Sat., Nov. 25 – closed
- Sat., Dec. 23 – closed
- Sat., Dec. 30 – closed



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

Christina Campbell 541-5812
Operations Manager
ccampbell@hgbhealth.com

Jacob Campbell 543-1050, ext. 52461
Director of Health and Wellness Services
jcampbell@hgbhealth.com

Kim Dickinson 541-5814
Director of ALIVE Clinical Services
kdickinson@hgbhealth.com

Ellen Dreps 543-1050, ext. 52463
Community Wellness Coordinator
edreps@hgbhealth.com

Barbara Fulton 543-1050, ext. 52408
Director of Community Development
bfulton@hgbhealth.com

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: Nov. 27 – Jan. 7**
- **Session 2: Jan. 8 – Feb. 18**
- **Make-up: Feb. 19 – Feb. 25**

Four 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. 52).

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 purchases at So Simply
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 10% off sustainably raised meat bundles of 25 lbs. or more at The Olde School House

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. 48)

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



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

Special Events

- Nov. 20 CrossFit Fade Quarterly Goal-Setting Pg. 36
Open House: Winter Pg. 52
- Nov. 21 Open House: Winter Pg. 52
Triathlon Training Orientation Pg. 33

DECEMBER: Share

- Dec. 1 EXPLORE 90 begins Pg. 54
- Dec. 2 One Day to Wellness Pg. 52
Prenatal Class Series begins Pg. 53
- Dec. 5 Clean-Eating Combos Rx Pg. 41
- Dec. 6 Perspectives on Pain: Lower Back Pg. 46
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Professional Speaker Series:
Caregiver Burnout Pg. 47
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Mindfulness Pg. 48
- Dec. 14 Healing Hearts Pg. 44
- Dec. 16 Impression 5's Star Wars Science Pg. 55
Santa Visit Pg. 59
- Dec. 19 Alzheimer's Support Group Pg. 43
- Dec. 28 Diabetes Support Group Pg. 43

Register online at:
www.myalive.com

**Register at our Open House and save
10% on programs or class fees (pg. 52).**

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

JANUARY: Renew

- Jan. 2 Clean-Eating Combos Rx Pg. 41
- Jan. 4 Gift of Heart Pg. 43
- Jan. 6 American Girl Breakfast Party Pg. 54
Preschool Sports Sampler begins Pg. 57
- Jan. 8 Discovering Your Inner Resources Pg. 50
- Jan. 9 Cooking for Weight Loss Rx Pg. 41
Mindfulness Based Stress
Reduction begins Pg. 51
- Jan. 10 *Jen* Women's Tea Pg. 48
- Jan. 11 Healing Hearts Pg. 44
- Jan. 13 Cooking Matters for Adults begins Pg. 40
Good Form Running Pg. 51
- Jan. 16 Alzheimer's Support Group Pg. 43
- Jan. 17 Professional Speaker Series:
Balance & Fall Risk Pg. 47
- Jan. 19 Ballroom Dancing begins Pg. 22
- Jan. 20 Babysitter Education Course begins Pg. 49
Impression 5's Forensics Science Pg. 56
Parents' Great Escape Pg. 57
- Jan. 22 FITKids begins Pg. 55
Russian Infusion Week begins Pg. 58
- Jan. 24 Vegan Korean Pg. 42
- Jan. 26 Diabetes Support Group Pg. 43
- Jan. 27 Couch to 5K Kick-Off Event Pg. 26
- Jan. 29 Community CPR Pg. 49
- Jan. 30 Healthy Crockpot Meals Rx Pg. 41

Rx – Ludwig vouchers accepted



Walkers on EXPLORE

FEBRUARY: Rhythm

- Feb. 1 Gift of Heart Pg. 43
- Feb. 2 Roll & Read Pg. 58
- Feb. 3 Preschool Sports Sampler begins Pg. 57
- Feb. 4 Winter Fun Family Outing Pg. 59
- Feb. 6 Clean-Eating Combos Pg. 41
- Feb. 8 DIY Valentines Pg. 50
Healing Hearts Pg. 44
Kid's Valentine Crafts Pg. 56
- Feb. 9 Couples Massage Pg. 50
- Feb. 10 Impression 5's Winter Science Pg. 56
Parents' Great Escape Pg. 57
- Feb. 13 The Heart-Healthy Solution *Rx* Pg. 42
- Feb. 14 *Jem* Women's Tea Pg. 48
- Feb. 15 Interactive Heart Health Event Pg. 46
- Feb. 19 Open House: Spring Pg. 53
- Feb. 20 Alzheimer's Support Group Pg. 43
Open House: Spring Pg. 53
- Feb. 21 Traditional Russian Cooking Pg. 42
- Feb. 22 Diabetes Support Group Pg. 43
- Feb. 24 Group Ex Certification:
Tabata Bootcamp Pg. 29
- Mar. 3 Group Ex Certification:
Country Heat Pg. 29
- Mar. 4 Group Ex Certification: PiYo Pg. 29

Rx – Ludwig vouchers accepted



Group exercise participant in SOAR

DID YOU KNOW?

- ALIVE averages nearly 4,000 visits per week.
- ALIVE has gone through three expansions since 2011 and is now approximately 70,000 square feet.
- ALIVE has more than 20,000 LINK cardholders coming from more than 240 different zip codes.

Join our more than 5,000 followers on social media to stay updated on the latest at ALIVE.



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 (GR)
8 a.m.–9:45 a.m.	Pickleball
8:05 a.m.–8:50 a.m.	<i>Jem</i> 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.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	CardioFix/Pilates Plus (CJ)
10 a.m.–11 a.m.	Yoga: Basic (JD)
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 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.–6:15 p.m.	<i>Jem</i> Turning Point: Fitness
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.	STRIDE Running Club (KP)
5:45 p.m.–6:30 p.m.	Bootcamp (TS)
6:15 p.m.–7:15 p.m.	Turbo Kick/PiYo (AP/CC)
6:30 p.m.–7:15 p.m.	POUND (JE)
6:30 p.m.–7:30 p.m.	Couch to CrossFit
6:30 p.m.–7:30 p.m.	Yoga: Basic (NH)
7:25 p.m.–7:55 p.m.	CORE DE FORCE (AP)

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 (CaD)
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
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–11:45 a.m.	Ping Pong
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 p.m.–1 p.m.	Tiny Tot Playgroup
12:10 p.m.–12:28 p.m.	18-Minute Blast (MaS)
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.	Cardio Dance (DD)
5 p.m.–6:30 p.m.	Weight Watchers
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:15 p.m.	Yoga: Kids (JM)
5:45 p.m.–6:45 p.m.	Triathlon Training (ToS)
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
 6:55 p.m.–7:55 p.m. Yoga: Basic (JM)
 7:15 p.m.–8:55 p.m. Basketball: Adult Drop-In



CrossFit in SPARK

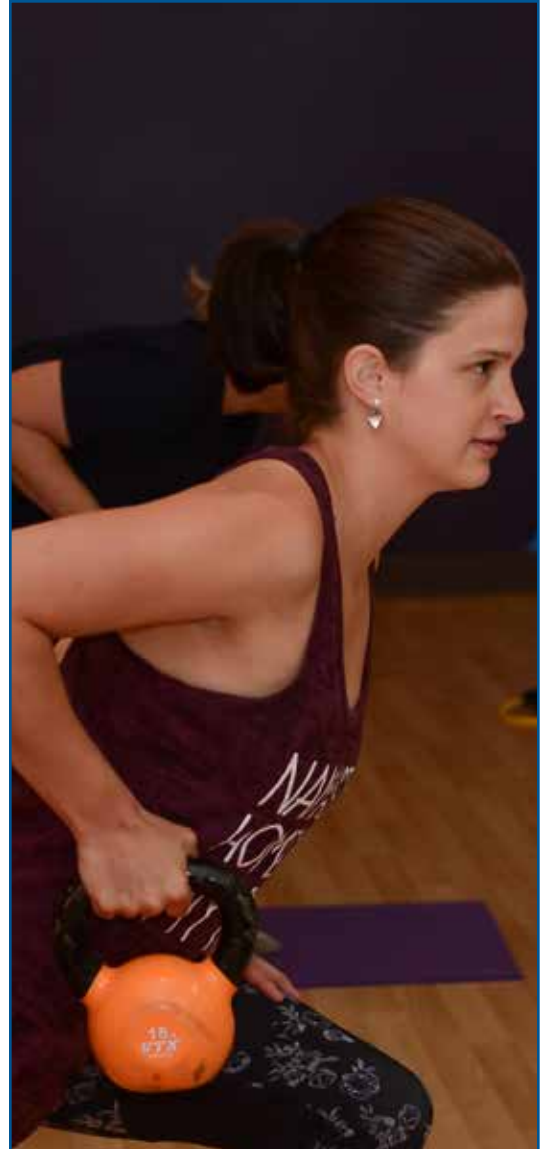
Wednesdays

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 (GR)
 8 a.m.–9:45 a.m. Pickleball
 8:05 a.m.–8:50 a.m. *Jenn* 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. CrossFit
 9 a.m.–10:30 a.m. Weight Watchers
 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: Basic (JD)
 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
 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. STRIDE Running Club (KP)
 5:45 p.m.–6:30 p.m. Bootcamp (TS)
 5:45 p.m.–6:30 p.m. Z-Box (ED)
 6 p.m.–7:45 p.m. TOPS
 6:30 p.m.–7:30 p.m. Couch to CrossFit
 6:30 p.m.–7:30 p.m. Yoga: Basic (NH)
 6:35 p.m.–7:20 p.m. Barre None (DD)

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. TRX/Kettlebell Combo (CaD)
 9 a.m.–9:55 a.m. Yoga: Basic (JD)
 9 a.m.–9:55 a.m. *Jem* Zumba Gold (DD)
 9 a.m.–10 a.m. CrossFit
 10 a.m.–10:30 a.m. Deep Stretch (DD)
 10 a.m.–11:45 a.m. Ping Pong
 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 p.m.–1 p.m. Tiny Tot Playgroup
 12:10 p.m.–12:28 p.m. 18-Minute Blast (MaS)
 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.–6:15 p.m. *Jem* Turning Point: Fitness
 5:30 p.m.–6:30 p.m. CrossFit
 5:30 p.m.–6:30 p.m. Yoga: Basic (AT)
 5:45 p.m.–6:30 p.m. Zumba (DD)
 5:45 p.m.–6:45 p.m. Triathlon Training (ToS)
 6 p.m.–8:55 p.m. Basketball: Adult Drop-In
 6:30 p.m.–7:30 p.m. CrossFit

6:35 p.m.–7:20 p.m. Barre Above (DD)
 6:40 p.m.–7:40 p.m. Yoga: Power (NH)
 7:25 p.m.–7:55 p.m. CORE DE FORCE (AP)



Barre None in ENERGIZE

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.	CrossFit
9 a.m.–10 a.m.	Yoga: Basic (JD)
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	CardioFix/Pilates Plus (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 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)
6 p.m.–7 p.m.	CrossFit
6 p.m.–7 p.m.	R.I.P.P.E.D. (TD)
6 p.m.–8:55 p.m.	Basketball: All Ages Drop-In



PULSE

Saturdays

7 a.m.–5 p.m.	Indoor & Outdoor Walking
8 a.m.–10 p.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>Jem</i> BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Rumble (TD)
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
1:30 p.m.–4:30 p.m.	Volleyball: Drop-In

Sundays

9 a.m.–10 a.m.	<i>Jem</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
11 a.m.–12:30 p.m.	Yoga: Vinyasa
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Ping Pong
12 p.m.–1 p.m.	Rock Climbing
1 p.m.–2 p.m.	Group Cycling: Virtual Ride



Yoga in DISCOVER

Instructors

AP = Alicia P.	JH = Jenny H.
AT = Amanda T.	JM = Jessica M.
CaD = Carrie D.	KK = Kim K.
CC = Christina C.	KKo= Kimberly K.
CD = Chrissy D.	KP = Kasey P.
CJ = Cheryl J.	MaS= Matt S.
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.
JE = Jenna E.	ToS = Todd S.

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



BLAST

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.

Ballroom Dancing (B, I)

Instructor: Kimberly Rodriguez

Learn the basic steps and fundamentals of popular ballroom styles including waltz and some surprise styles selected by the instructor.

Cost per couple. Childcare is available (regular rates apply).

Cost: \$100/four-week session

MOVE Member: \$80/four-week session

Jan. 19 – Feb. 9 Fri. 6:30 p.m. – 7:30 p.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 while using the Equalizer portable bar. Take barre practice to the next level.

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Wed. 10 a.m. – 10:45 a.m.

Thurs. 6:35 p.m. – 7:20 p.m.

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises work muscle strengthening, 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 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. – 8 a.m.

6 p.m. – 8:55 p.m.*

**Unavailable Jan. 19 – Feb. 9 due to Ballroom Dancing*

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.



Bootcamp

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.
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CardioFix/Pilates Plus (B, I, A)

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

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

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

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.



Cardio Fix/Pilates Plus in ENERGIZE

CORE DE FORCE (B, I, A)

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

Cost: \$30/six-week session

MOVE Member: FREE

Mon.	7:25 p.m. – 7:55 p.m.
Tues.	10:35 a.m. – 11:05 a.m.
Thurs.	7:25 p.m. – 7:55 p.m.

Couch to 5K (B)

The Blue Cross Winter Warm Up is back! The eight-week 5K training program is free and open to all ages and abilities. Includes two weekly one-hour sessions with certified Good Form Running and Walking coaches from the Playmakers Fitness Foundation. The final tri-county goal 5K fun walk or run is at Hawk Island in Lansing, Sunday, March 25. Event kick-off is Saturday, Jan. 27. For event information and registration, visit: www.mibluesperspectives.com/BlueCrossWinterWarmUp.

Cost: FREE

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 upon start-up of CrossFit 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.**

Cost: \$80/month

MOVE Member: \$50/month

Drop-in: \$15/class

See page 36 for days, times and quarterly meeting date.

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.
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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.



Fun Fitness in SOAR

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

Tues.	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.

Group Ex Certification

Learn skills to take a passion for exercise to the next level. Achieve certification in a specialized group exercise style. Pricing details and registration information available online at websites listed below.

Cost: Varies by certification

Sat., Feb. 24	Tabata Bootcamp TabataBootcamp.com
Sat., Mar. 3	Country Heat BeachBodyLive.com
Sun., Mar. 4	PiYo PiYoLive.com

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 and newly expanded trail in PRESERVE.

Cost: FREE

Live Long, Live Strong (B, I)

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

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

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



Live Long, Live Strong in LEARN

Parkinson's Exercise Class

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

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

Pickleball

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

Cost:	\$4/drop-in*
MOVE Member:	FREE
Mon.	8 a.m. – 9:45 a.m.
Wed.	8 a.m. – 9:45 a.m.
Fri.	8 a.m. – 9:45 a.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.	10 a.m. – 11:45 a.m.
Thurs.	10 a.m. – 11:45 a.m.
Sun.	12 p.m. – 1 p.m.

POUND (B, I)

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

Cost:	\$30/six-week session
MOVE Members:	FREE
Mon.	6:30 p.m. – 7:15 p.m.

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

R.I.P.P.E.D. (Resistance, Interval, Power, Plyometrics, Endurance and Diet) is a one-stop body shock. This class 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.
Fri.	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.
Sun.	12 p.m. – 1 p.m.



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

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

Sat. 10 a.m. – 10:45 a.m.

Jem Strength & Stability (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 8:05 a.m. – 8:50 a.m.

Wed. 8:05 a.m. – 8:50 a.m.

STRIDE Running Club

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

Cost: \$30/six-week session

MOVE Member: FREE

Mon. 5:30 p.m. – 6:30 p.m.

Wed. 5:30 p.m. – 6:30 p.m.



Jem Strength & Stability in ENERGIZE

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

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

Cost: \$60/twelve-week session

\$40/six-week session

MOVE Member:

\$50/twelve-week session

\$30/six-week session

Tues. 5:45 p.m. – 6:45 p.m.

Thurs. (pool) 5:45 p.m. – 6:45 p.m.



Triathlon Training in BLAST

TRX/Kettlebell Combo (I, A)

Engage and tone core muscles with these two pieces of equipment that will take your 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

Tues. 8:05 a.m. – 8:50 a.m.

Thurs. 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 HIIT 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. 1:30 p.m. – 4:30 p.m.

Z-Box (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

Wed. 5:45 p.m. – 6:30 p.m.

Thurs. 10:35 a.m. – 11:10 a.m.

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. 5:45 p.m. – 6:30 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



TRX/Kettlebell Combo in SPARK

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.
Saturday	6 p.m. – 7 p.m.
	9 a.m. – 10 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*

Members are invited to join the quarterly goal-setting meeting 5:30 p.m., Monday, Nov. 20, when body compositions will be available for \$10.

BREATHE

Deep Stretch (B, I)

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

Cost: \$30/six-week session

MOVE Member: FREE

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

Pilates: Basic Matwork (B)

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

Cost: \$30/six-week session

MOVE Member: FREE

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

PiYo (I, A)

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

Cost: \$30/six-week session

MOVE Member: FREE

Wed.	5:45 a.m. – 6:35 a.m. 4:45 p.m. – 5:35 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. 11:15 a.m. – 12:15 p.m.



Yoga: Power in DISCOVER

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

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

Wed. 10 a.m. – 11 a.m.
6:30 p.m. – 7:30 p.m.

Thurs. 9 a.m. – 9:55 a.m.
5:30 p.m. – 6:30 p.m.

Fri. 9 a.m. – 10 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.

Yoga: Vinyasa (B, I)

Charlotte Yoga Club practices Iyengar-style yoga, designed to cultivate stability, strength and flexibility by focusing on proper alignment and a systematic progression of postures. Annual fee of \$5 includes unlimited classes for MOVE members. (www.charlottesyoga.net)

MOVE Member: \$5/year*

Sun. 11 a.m. – 12:30 p.m.

*Fees paid directly to Instructor Erica Spitzfaden

EAT

BE WELL IN THE KITCHEN

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

Cooking Matters for Adults

Instructor: MSU Extension

MSU Extension presents a five-week cooking class demo for adults. Cooking healthy yet inexpensive meals, especially for those living alone, can be a challenge. Come learn healthy ways to cook and shop.

Limited to first 16 people per session. In case of inclement weather, a makeup date of Sat. Feb. 17 has been reserved.

Cost: FREE

Jan. 13 - Feb. 10 Sat. 10 a.m. – 12 p.m.



Cooking Matters for Adults 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.

Clean-Eating Combos *Rx*

Instructor: Deb Dillon, MS, RDN

Book your lunch hour with tasty, heart-healthy food pairings. Eat while you watch how to easily prepare items at home.

Cost: \$10

Tues., Dec. 5 12:15 p.m. – 12:45 p.m.

Tues., Jan. 2 12:15 p.m. – 12:45 p.m.

Tues., Feb. 6 12:15 p.m. – 12:45 p.m.

Cooking for Weight Loss *Rx*

Instructor: Ashley Riley, RDN

Learn simple steps to cook and gradually shed pounds in a healthy way without skimping on flavor. Hint: To weigh less, cook more ... home cooking puts you in control.

Cost: \$20

Tues., Jan. 9 6:30 p.m. – 7:30 p.m.

Healthy Crockpot Meals *Rx*

Instructor: Ashley Riley, RDN

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

Cost: \$20

Tues., Jan. 30 6:30 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted

The Heart-Healthy Solution *Rx*

Instructor: Deb Dillon, MS, RDN

Learn to prepare low-calorie, dense meals low in sodium and high in nutritional value. See how simple it is to create fast, easy, healthy meals with minimal ingredients.

Cost: \$20

Tues., Feb. 13 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., Feb. 21 6 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 rice balls, Korean barbeque ribs – all vegan-friendly. Leave satiated and educated on new flavorful, healthy dishes to make at home.

Cost: \$25

Wed., Jan. 24 6:30 p.m. – 7:30 p.m.

Rx – Ludwig vouchers accepted



Vegan Korean

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., Dec. 19 1:30 p.m. – 2:45 p.m.

Tues., Jan. 16 1:30 p.m. – 2:45 p.m.

Tues., Feb. 20 1:30 p.m. – 2:45 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., Dec. 28 6:30 p.m. – 8 p.m.

Thurs., Jan. 26 6:30 p.m. – 8 p.m.

Thurs., Feb. 22 6:30 p.m. – 8 p.m.

Gift of Heart

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

Thurs., Dec. 7 6 p.m. – 8 p.m.

Thurs., Jan. 4 6 p.m. – 8 p.m.

Thurs., Feb. 1 6 p.m. – 8 p.m.



MINGLE in GATHER

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., Dec. 14 6:30 p.m. – 8 p.m.
 Thurs., Jan. 11 6:30 p.m. – 8 p.m.
 Thurs., Feb. 8 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.

Jem Turning Point Program For Breast Cancer Survivors

ALIVE partners with the YMCA of Lansing to provide fitness 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. 52463.*

Cost: FREE

Fitness: Mon. 5:30 p.m. – 6:15 p.m.
 Thurs. 5:30 p.m. – 6:15 p.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 for pricing and promotions.

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



Jem Turning Point Yoga in DISCOVER

THINK

PRESENTATIONS

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

Interactive Heart Health Event

HGB and Sparrow Hospital host an interactive, educational event featuring presentations by local heart health experts to celebrate American Heart Month.

Lunch included for those who pre-register by Friday, Feb. 9; call (517) 541-5800, opt. 1.

Cost: FREE

Thurs., Feb. 15 11:30 a.m. – 1 p.m.

Perspectives on Pain: Lower Back

Speaker: Dr. Robert Rolle, DC

Learn about different techniques that can support your back.

Lunch included for those who pre-register by the Friday, Dec. 1; call (517) 541-5800, opt. 1.

Cost: FREE

Wed., Dec. 6 11:30 a.m. – 1 p.m.



Interactive Heart Health Event in SOAR

Professional Speaker Series: Balance & Fall Risk

Speakers: Karri Wills, MSPT & Kim Dickinson, PTA

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

Lunch included for those who pre-register by Friday, Jan. 12; call (517) 541-5800, opt. 1.

Cost: FREE

Wed., Jan. 17 11:30 a.m. – 1 p.m.

Professional Speaker Series: Caregiver Burnout

Speaker: Caitlin Riley, LMSW

Learn about burnout that can occur when caring for a loved one and resources to help.

Light refreshments included for those who pre-register by Monday, Dec. 4; call (517) 541-5800, opt. 1.

Cost: FREE

Thurs., Dec. 7 5 p.m. – 6 p.m.



Professional Speaker Series in DIRECT

Professional Speaker Series: Mindfulness

Speaker: Laura Wyble

Take a moment to breathe amidst the busy holiday season, and invest in you. Learn about the many benefits of Mindfulness Based Stress Reduction (MBSR) including, but not limited to: decreased anxiety, improved sleep quality, decreased chronic pain, lower blood pressure and improved relationships with self, others and food. **Light refreshments included for those who pre-register by Friday, Dec. 8; call (517) 541-5800, opt. 1.**

Cost: FREE

Wed., Dec. 13 6 p.m. – 7 p.m.

Jem Women's Tea

Mingle while enjoying tea and fresh baked goods. Teacup collection generously donated for use by Courthouse Square Association. Enjoy a brief presentation by monthly guest speakers. Space is limited. Donations encouraged.

- Jan. 10: A Russian Tea Party with Inna Phelps
- Feb. 14: Valentine DIY with Mary Jo Cove

Cost: FREE (donations encouraged)

Wed., Jan. 10 2 p.m. – 3 p.m.

Wed., Feb. 14 2 p.m. – 3 p.m.



Jem Women's Tea

WORKSHOPS

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

Babysitter Education Course

Instructor: Laurie Newland

Ten-hour, two-session HGB Babysitter Education course that will provide the confidence, skills and tools to be a great babysitter. Attendance at both dates is required for certificate of completion. 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 old.

Cost: \$50

Sat., Jan. 20 & 27 9 a.m. – 2 p.m.

Community CPR

Instructor: HGB EMTs

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: \$25

Mon., Jan. 29 6 p.m. – 8 p.m.



Babysitter Education Course

Couples Massage

Instructor: Sarah Pitchford

Designed to assist couples in enjoying massage together. Focus on learning proper pressure to ensure a relaxing, comfortable massage for your partner while maintaining proper ergonomics. Be guided through applying lotion/oil, warming the area of interest and leading into deeper massage for kneading knots. Wear loose, comfortable clothing.

Cost: \$20/couple

Fri., Feb. 9 6 p.m. – 7:30 p.m.

Discovering Your Inner Resources

Instructor: Janet Hayter

Designed to help participants discover inner resources such as strength, choice, hope and the possibility of personal peace. An innovative educational program facilitated by volunteers, it includes a 10-session curriculum of videos and written materials. These custom, interactive workshops are non-religious and non-sectarian.

Cost: FREE

Jan. 8 - Mar. 12 Mon. 7 p.m. – 8 p.m.

DIY Valentines

Instructor: Katie Emery

Show the most important people in your life that you love them by creating handmade Valentines. Gift to friends, family, kids and coworkers some handmade love this Valentine's Day. Materials provided. Ages 13+.

Cost: \$12

Thurs., Feb. 8 7:30 p.m. – 8:30 p.m.

Good Form Running

Instructor: Thomas Sobleskey, CPT

Good Form Running (GFR) is a technique focused on simplicity developed by the founders of Playmakers. Instead of complex biomechanical analysis, GFR focuses on three simple, essential steps to run light and easy.

Cost: FREE

Sat., Jan. 13 9 a.m. – 10 a.m.

Mindfulness Based Stress Reduction

Instructor: Laura Wyble

This eight-week program has been highly respected in the medical community for 35 years; developed by Jon Kabat-Zinn. The fundamental benefit is improvement of overall health and well-being. Learn mindful eating, moving, listening, communication and much more. **Full day session held Sat., Feb. 17 (9 a.m.-3:30 p.m.). Call (517) 243-2052 to register.**

Cost: \$275 (by Dec. 22)

\$300 (Dec. 23-Jan. 9)

Jan. 9 - Feb. 27 Tues. 6:30 p.m. – 9 p.m.



DIY Valentines

One Day to Wellness

Instructors: Bruce & Mindy Mylrea

Strength and fitness can build a foundation of wellness, but what you do with the rest of your day is what truly creates lasting changes. This comprehensive one-day training delivers the latest in evidence-based behavioral change and dietary research, eating strategies for sustained success, mindful and productive goal setting, and movement that matters. For anyone who is serious about making positive, health enhancing improvements to their life and the lives of others.

Purchase tickets and learn more at www.bruceandmindy.com.

Cost: \$229/individual or \$329/couple
Sat., Dec. 2 9 a.m. – 6 p.m.

Open House: Winter

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

Cost: FREE
Mon., Nov. 20 5 p.m. – 7 p.m.
Tues., Nov. 21 10 a.m. – 12 p.m.



One Day to Wellness

Open House: Spring

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

Cost: FREE
Mon., Feb. 19 5 p.m. – 7 p.m.
Tues., Feb. 20 10 a.m. – 12 p.m.

Prenatal Class Series

Instructor: Expectant Parents Organization (EPO)

Join parents in their third trimester of pregnancy as they prepare for labor, birth and care of their infant. These three classes provide evidence-based information on what to expect during labor and birth, comfort measures, pain management techniques, medical interventions that may be needed and caring for/feeding your infant. Taught by registered nurses. **Register online at epobaby.org or call (517) 337-7365.**

Cost: \$125/couple
Dec. 2, 9, 16 Sat. 9 a.m. – 12 p.m.



Prenatal Class Series

GROW

American Girl Breakfast Party

**Instructors: Christina Campbell
& Ellen Dregs**

Have a fabulous pancake breakfast alongside your American girl doll. Cook pancakes at your own station complete with an array of toppings, accompanied by some healthy sides. Includes a complimentary American Girl gift. Ages 5-12.

Cost: \$15

Sat., Jan. 6 10 a.m. – 11 a.m.

EXPLORE 90

Ensure your children get a little exercise this winter! Walk 90 laps around EXPLORE, track laps and turn in tracker for a chance to win! One prize awarded for 3-6 year olds and one for 7-12 year olds. Each prize valued at \$100. Ages 3-12. Drawing will be March 1 (need not be present to win).

Cost: FREE

Fri., Dec. 1 - Mon., Feb. 28



American Girl Breakfast Party

FITKids

Instructor: Ashley Riley, RDN

An interactive nutrition and fitness program for 7th and 8th graders, generously offered free of charge by Sparrow Hospital's Be Well in the Kitchen grant funding. 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, nutrition lessons, healthy meal preparation, food sampling, fitness lessons and activities.

Maximum 12 participants per session.

Mandatory registration meeting and pre-assessment; to be scheduled individually during the week of January 15.

Cost: FREE

Jan. 22 - Mar. 19 Mon. 3:30 p.m. – 5:30 p.m.

Impression 5's Star Wars Science

May the force be with you ... as long as you have mass and acceleration. Jump into this scientific adventure through the Stars Wars universe. Explore stars, galaxies and objects far, far away. Will you become a Jedi or a Sith while building your very own lightsaber? Ages 6+.

Cost: \$15 per child

GROW Member: \$12 per child

Sat., Dec. 16 10 a.m. – 11:30 a.m.



FITKids in SOAR

Impression 5's Forensics Science

What happens when you combine science and solving mysteries? Forensics! Learn how forensic scientists solve crimes with fingerprints, chromatography and DNA. Take out your magnifying glasses, because its time to investigate. Ages 6+.

Cost: \$15 per child
GROW Member: \$12 per child

Sat., Jan. 20 10 a.m. – 11:30 a.m.

Impression 5's Winter Science

Brrr! It's cold in here, there must be some science in the atmosphere. Slide into a frozen frenzy filled with snowflakes and ice crystals. Strap up the snow gear, because you will need to stay warm for the delicious liquid nitrogen ice cream. Ages 6+.

Cost: \$15 per child
GROW Member: \$12 per child

Sat., Feb. 10 10 a.m. – 11:30 a.m.

Kid's Valentine Crafts

Instructor: Katie Emery

Valentine's Day is just a round the corner. Children enjoy two special projects to make and take: a "love bug" with pipe cleaners and pom poms, and a handmade Valentine card for someone special. Children ages 3-12 (ages 3-6 must be accompanied by an adult).

Cost: \$15

Thurs., Feb. 8 6 p.m. – 7 p.m.

Parents' Great Escape

Parents, drop the kids off for a themed 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.

- Jan. 20: Winter Olympics Pre-Game
- Feb. 10: Valentine's: Get Your Heart Pumping!

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., Jan. 20 6 p.m. – 10 p.m.

Sat., Feb. 10 6 p.m. – 10 p.m.

Preschool Sports Sampler

Instructor: Kylie Berger

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: Jan. 6-20

Session 2: Feb. 3-17

Sat. 10:30 a.m. – 11:30 a.m.

Rock Climbing Safari

Climb to reach the zebra, giraffe and other animals. Try out the new rock climbing safari on ASCEND. Receive a sticker at each level attained. **See page 31 for the 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.

Roll & Read

Eaton Great Start brings a one-mile indoor walk/stroller roll for the entire family featuring three reading stations along the way. Each reading station features a different story. A great way to get the family active together and promote literacy. Families with children infants to 8 years.

Cost: FREE

Fri., Feb. 2 5:30 p.m. – 7 p.m.

Russian Infusion Week

Instructor: Inna Phelps

Kids join us in GROW with our special guest, who will educate on Russian culture through storytelling, crafts and teaching a few words from the Russian language.

Cost: GROW drop-in rates
GROW Member: FREE

Mon., Jan. 22. – Thurs., Jan. 25 5:30 p.m. – 7 p.m.



Winter Fun Family Outing

Santa Visit

Visit with Santa, have your parents take a picture, enjoy a cup of hot chocolate and treat. For a nominal fee, stay to help the elves in their bakery by decorating Christmas cookies.

Santa Visit: FREE

Cookie Decorating: \$5/two cookies

Sat., Dec. 16 10 a.m. – 12 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 0-5 are welcome to play in LEARN 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.

Winter Fun Family Outing

Join other ALIVE friends and families for an afternoon of winter fun at Burchfield Park (881 Grovenburg Rd, Holt, MI). Includes snow tubing, cross country skiing, snowshoeing and hot chocolate.

Cost: Parking & rental fees apply

Sun., Feb. 4 2 p.m. – 4 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.

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.*



800 W. Lawrence Ave.

Charlotte, MI 48813

myalive.com

Main (517) 541-5800

Fax (517) 541-5810

