



WINTER PROGRAM GUIDE



Nov. 30, 2015 - Feb. 28, 2016
www.myalive.com



Hours of Operation

ALIVE and MOVE

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

NOURISH by The Big Salad

Monday – Friday	10:30 a.m. to 7 p.m.
Saturday	11 a.m. to 2 p.m.
Sunday	Closed

GROW

Monday – Thursday	8 a.m. to 12 p.m. 4:15 p.m. to 8 p.m.
Friday	8 a.m. to 12 p.m. 4:15 p.m. to 6:30 p.m.
Saturday	8 a.m. to 12 p.m.
Sunday	12 p.m. to 2 p.m.

Holidays

ALIVE will be closed:

- Christmas Day: Friday, Dec. 25
- New Years Day: Friday, Jan. 1

Holiday hours, 6:30 a.m. – 3 p.m.:

- Christmas Eve: Thursday, Dec. 24
- New Years Eve: Thursday, Dec. 31

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)

Directory

ALIVE – Main	541-5800
ALIVE – Fax	541-5810
Class Registration	541-5800, opt. 1
General Information	541-5811
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

Register early to ensure your spot – classes fill quickly. Late registrations are accepted, space permitting, and fees may be pro-rated for the remainder of the session.

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

- **Session 1: Nov. 30 – Jan. 10**
- **Session 2: Jan. 11 – Feb. 21**
- **Make-up: Feb. 22 – Feb. 28**

Three convenient registration methods:

- Log in to myalive.com. (*Register online and save \$1 on program or class fees.*)
- Call (517) 541-5886.
- Visit ENCOUNTER, the MOVE or FUSE front desk.

GATHER (Event Planning)

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

LINK

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

- Simplified check-in
- Customized experiences when receiving therapy or spa services
- Games, ebook readers, digital music players or balls available for check out
- Email notifications on new programs, classes and special events
- Participation in ALIVE programs
- Charge ALIVE purchases and services
- Frequency reward program by NOURISH by The Big Salad

Community LINK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off ALIVE-inspired menu items at The Gavel Restaurant
- 10% off tea or coffee at Evelyn Bay
- 10% off tea or coffee at Willow Tree
- 10% off one monthly purchase at The Hen House
- 20% off kayak rental or 10% off lessons at Highland River Adventures
- 15% off printing of art projects at International Minute Press
- 10% off walking/roasting or poker sticks from Tirrell Farmstead Specialties

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.



Indoor walking on EXPLORE

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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Five-Summits Challenge on ASCEND

Special Events

DECEMBER: Inspire

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Weekly Schedule

Mondays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
6 a.m.–7 a.m.	CrossFit
8 a.m.–8:45 a.m.	Strength & Stability (KK)
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata (CJ)
9 a.m.–10 a.m.	BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	Cardio Blast (CJ)
11 a.m.–11:45 a.m.	Barre None (CJ)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
1 p.m.–3 p.m.	Pickleball
3 p.m.–4 p.m.	Basketball: Teen Drop-In
4 p.m.–5 p.m.	Basketball: Open Shoot
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:10 p.m.	Cardio Kickboxing (CC)
5:30 p.m.–6:15 p.m.	Bootcamp (TS)
5:30 p.m.–6:15 p.m.	Group Cycling: Virtual Ride
5:30 p.m.–6:30 p.m.	Yoga: Pre-Natal (JD)
6:15 p.m.–7:10 p.m.	PiYo (AP)
6:30 p.m.–7:15 p.m.	Group Cycling (KP)
6:30 p.m.–7:30 p.m.	CrossFit
6:40 p.m.–7:40 p.m.	Yoga: Basic (NH)
7:15 p.m.–7:55 p.m.	Body Sculpting (TS)
7:30 p.m.–8:30 p.m.	Couch to CrossFit
8 p.m.–9 p.m.	Volleyball: Drop-In

Tuesdays

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.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit
6:30 a.m.–8 a.m.	Basketball: Adult Drop-In
7 a.m.–8 a.m.	Couch to CrossFit
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–10 a.m.	CrossFit
9 a.m.–10 a.m.	Zumba (LB)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10 a.m.–10:45 a.m.	Turning Point: Fitness
10:35 a.m.–11:10 a.m.	Live Long, Live Strong
11 a.m.–11:30 a.m.	Guided Imagery (ML)
11:15 a.m.–11:45 a.m.	Circuit Training (MS)
11:30 a.m.–12:30 p.m.	Yoga: Restorative (ML)
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
2 p.m.–3 p.m.	Phase III Cardiac Rehab (KS)
3 p.m.–4 p.m.	Tiny Tot Playgroup
3 p.m.–5 p.m.	BRIDGE: Kids Only
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:45 p.m.	Zumba (DD)
5:30 p.m.–6:30 p.m.	Triathlon Training (ToS)
5:30 p.m.–6:30 p.m.	Weight Watchers
5:45 p.m.–6:15 p.m.	30-Minute Blast (TS)
5:55 p.m.–6:40 p.m.	Z-Box (TD)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:25 p.m.	POUND (CB)
7:30 p.m.–9 p.m.	Basketball: Adult Drop-In

Wednesdays

5:30 a.m.–9 p.m.	Indoor & Outdoor Walking
5:45 a.m.–6:40 a.m.	PiYo (AP)
6 a.m.–7 a.m.	CrossFit
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AT)
9 a.m.–9:50 a.m.	Tabata (CJ)
9 a.m.–10 a.m.	BRIDGE: Women-Only Workout
9 a.m.–10 a.m.	CrossFit
9:30 a.m.–10:30 a.m.	Tai Chi/Qigong Combo (ES)
9:30 a.m.–10:30 a.m.	Weight Watchers
10 a.m.–10:45 a.m.	Fun Fitness (AT)
10 a.m.–10:50 a.m.	Cardio Blast (CJ)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
1 p.m.–3 p.m.	Pickleball
3 p.m.–4 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:10 p.m.	Cardio Kickboxing (CC)
5:30 p.m.–6:15 p.m.	Bootcamp (TS)
5:30 p.m.–6:15 p.m.	Turning Point: Fitness
5:30 p.m.–6:30 p.m.	Yoga: Basic (NH)
6 p.m.–7:45 p.m.	TOPS
6:15 p.m.–7:10 p.m.	Zumba Burst (JH)
6:30 p.m.–7:15 p.m.	Group Cycling (KP)
6:30 p.m.–7:30 p.m.	CrossFit
6:30 p.m.–7:30 p.m.	Yoga: Slow Flow (NH)
7:15 p.m.–7:55 p.m.	Body Sculpting (MB)
7:30 p.m.–8:30 p.m.	Couch to CrossFit
7:30 p.m.–8:30 p.m.	Yoga: Power (NH)
8 p.m.–9 p.m.	Volleyball: Drop-In

Thursdays

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.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit
7 a.m.–8 a.m.	Couch to CrossFit
8 a.m.–8:45 a.m.	Strength and Stability (KK)
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10:35 a.m.–11:10 a.m.	Live Long, Live Strong
11:15 a.m.–11:45 a.m.	Circuit Training (MS)
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
2 p.m.–3 p.m.	Phase III Cardiac Rehab (JE)
3 p.m.–5 p.m.	BRIDGE: Kids Only
4:30 p.m.–5:30 p.m.	CrossFit
4:30 p.m.–5:30 p.m.	Yoga: Basic (AT)
4:45 p.m.–5:45 p.m.	Zumba (DD)
5:30 p.m.–6:30 p.m.	Triathlon Training (ToS)
5:45 p.m.–6:15 p.m.	30-Minute Blast (TS)
5:55 p.m.–6:40 p.m.	Cardio Dance (TD)
6:30 p.m.–7:30 p.m.	CrossFit
6:45 p.m.–7:25 p.m.	POUND (JE)
7:30 p.m.–9 p.m.	Basketball: Adult Drop-In

Fridays

5:30 a.m.–7:30 p.m.	Indoor & Outdoor Walking
6 a.m.–7 a.m.	CrossFit
7 a.m.–9 a.m.	Basketball: All Ages Drop-In
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride



9 a.m.–9:50 a.m. Tabata (CJ)
 9 a.m.–10 a.m. BRIDGE: Women-Only Workout
 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. Cardio Blast (CJ)
 11 a.m.–11:30 a.m. Foam Roller (MS)
 11 a.m.–12 p.m. Tiny Tot Playgroup
 12 p.m.–1 p.m. Basketball: Adult Drop-In
 1 p.m.–3 p.m. Pickleball
 3 p.m.–4 p.m. Basketball: Teen Drop-In
 4 p.m.–5 p.m. Basketball: Open Shoot
 4:30 p.m.–5:30 p.m. CrossFit
 5:30 p.m.–6:15 p.m. Tabata (JE)
 6 p.m.–7 p.m. CrossFit
 6:45 p.m.–7:30 p.m. Basketball: Teen Drop-In

Saturdays

7 a.m.–8 a.m. Basketball: All Ages Drop-In
 7 a.m.–5 p.m. Indoor & Outdoor Walking
 8 a.m.–8:45 a.m. Group Cycling: Virtual Ride
 8:05 a.m.–8:55 a.m. PiYo (AP)
 8:30 a.m.–9:30 a.m. CrossFit
 9 a.m.–9:45 a.m. Group Cycling: Virtual Ride
 9 a.m.–10 a.m. BRIDGE: Women-Only Workout
 9 a.m.–10 a.m. Zumba (JH)
 9:45 a.m.–10:30 a.m. CFF Kids
 12 p.m.–1 p.m. Basketball: Open Shoot
 12 p.m.–1:30 p.m. Rock Climbing
 1:30 p.m.–3 p.m. Volleyball: Drop-In
 3:30 p.m.–5 p.m. Basketball: Adult Drop-In

Sundays

9 a.m.–10:30 a.m. Volleyball: Drop-In
 9 a.m.–5 p.m. Indoor & Outdoor Walking
 10 a.m.–10:45 a.m. Strength & Stability (JE)
 11 a.m.–12:30 p.m. Yoga: Vinyasa
 11 a.m.–1 p.m. Basketball: Open Shoot
 11 a.m.–1 p.m. Rock Climbing
 1 p.m.–1:45 p.m. POUND (JE)
 3:30 p.m.–5 p.m. Basketball: Adult Drop-In

Instructors

AP = Alicia P. KK = Kim K.
 AT = Amanda T. KP = Kasey P.
 CB = Caitlin B. KS = Kyla S.
 CC = Christina C. LB = Lisa B.
 CJ = Cheryl J. MB = Matt B.
 DD = Danielle D. ML = Martha L.
 ES = Elaine S. MM = Morene M.
 GR = Greg R. MS = Miranda S.
 JC = Jake C. NH = Nick H.
 JD = Jennifer D. TD = Taylor D.
 JE = Jenna E. ToS = Todd S.
 JH = Jenny H. TS = Tom S.

www.myalive.com

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

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

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

18-Minute Blast (B, I)

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

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

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

30-Minute Blast (I, A)

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

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

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

Barre None (B, I)

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

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

Mon.	11 a.m. – 11:45 a.m.
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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.	6:30 a.m. – 8 a.m. 7:30 p.m. – 9 p.m.
Wed.	12 p.m. – 1 p.m.
Thurs.	7:30 p.m. – 9 p.m.
Fri.	12 p.m. – 1 p.m.
Sat.	3:30 p.m. – 5 p.m.
Sun.	3:30 p.m. – 5 p.m.

Basketball: All Ages Drop-In

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

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

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

Basketball: Open Shoot

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

Cost: Free

Mon.	4 p.m. – 5 p.m.
Tues.	12 p.m. – 1 p.m.
Thurs.	12 p.m. – 1 p.m.
Fri.	4 p.m. – 5 p.m.
Sat.	12 p.m. – 1 p.m.
Sun.	11 a.m. – 1 p.m.

Basketball: Teen Drop-In

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

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

Mon.	3 p.m. – 4 p.m.
Wed.	3 p.m. – 4 p.m.
Fri.	3 p.m. – 4 p.m. 6:45 p.m. – 7:30 p.m.

Body Sculpting (I, A)

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

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

Mon.	7:15 p.m. – 7:55 p.m.
Wed.	7:15 p.m. – 7:55 p.m.

Bootcamp (I)

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

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

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

BRIDGE: Women-Only Workout

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

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

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

Cardio Blast (B, I)

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

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

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

Cardio Dance (B, I, A)



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

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

Thurs.	5:55 p.m. – 6:40 p.m.
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Cardio Kickboxing (B, I, A)

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

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

Mon.	5:30 p.m. – 6:10 p.m.
Wed.	5:30 p.m. – 6:10 p.m.



BRIDGE

Circuit Training (B, I)

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

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

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

Couch to CrossFit (B)

Introductory class teaches beginners proper form and technique in preparation for mainstream CrossFit classes. *Beginner classes are scheduled two days per week, but participants are welcome to attend any CrossFit class.*

Cost: \$75/month
MOVE Member: \$45/month
Drop-in class: \$15/class

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

CrossFit (B, I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored for all fitness levels. See Couch to CrossFit program for those getting started.

Cost: \$75/month
MOVE Member: \$45/month
Drop-in class: \$15/class

See page 27 for days and times.



CrossFit in SPARK

Foam Roller (B, I)

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

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

Fri. 11 a.m. – 11:30 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/day
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: Day pass (\$10)*
MOVE Member: Free*

**Bike reservations required up to 7 days in advance for each class. Reserve online or call (517) 543-9575.*

Mon. 6:30 p.m. – 7:15 p.m.
Tues. 5:45 a.m. – 6:30 a.m.
Wed. 6:30 p.m. – 7:15 p.m.
Thurs. 5:45 a.m. – 6:30 a.m.

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

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

MOVE Member: Free

Mon.	9 a.m. – 9:45 a.m. 5:30 p.m. – 6:15 p.m.
Tues.	9 a.m. – 9:45 a.m.
Fri.	9 a.m. – 9:45 a.m.
Sat.	8 a.m. – 8:45 a.m. 9 a.m. – 9:45 a.m.

Indoor & Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE. Always open during normal operating hours. Nine laps per mile on the indoor walking path. Walking direction changes daily. Now includes 1/5-mile outdoor walking path in PRESERVE.

Cost: Free

Live Long, Live Strong (B, I)

Led by a certified personal trainer to help seniors create exercise programs to address challenges that naturally occur as we 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.

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.	1 p.m. – 3 p.m.
Wed.	1 p.m. – 3 p.m.
Fri.	1 p.m. – 3 p.m.

Phase III Cardiac Rehab

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

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

Tues.	2 p.m. – 3 p.m.
Thurs.	2 p.m. – 3 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 are available to check out or purchase; may also use your own with instructor approval.

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

Tues.	6:45 p.m. – 7:25 p.m.
Thurs.	6:45 p.m. – 7:25 p.m.
Sun.	1 p.m. – 1:45 p.m.

Rock Climbing

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

Cost: Free

Sat.	12 p.m. – 1:30 p.m.
Sun.	11 a.m. – 1 p.m.

Strength & Stability (B, I)

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

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

Mon.	8 a.m. – 8:45 a.m.
Thurs.	8 a.m. – 8:45 a.m.
Sun.	10 a.m. – 10:45 a.m.

Tabata (B, I, A)

High Intensity Interval Training (H.I.I.T.) 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. 5:30 p.m. – 6:15 p.m.

Triathlon Training



Train for the upcoming triathlon season. Classes are at ALIVE and the Charlotte Aquatic Center. Orientation is Tuesday, Nov. 24 when training schedules will be distributed. Triathlon registration fee not included.

Cost: \$45/six-week session
MOVE & CrossFit: \$35/six-week session

Tues. & Thurs.	5:30 p.m. – 6:30 p.m. (at ALIVE)
Thurs.	7 p.m. – 8 p.m. (at Charlotte Aquatic Center)

Volleyball: Drop-In

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

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

Mon.	8 p.m. – 9 p.m.
Wed.	8 p.m. – 9 p.m.
Sat.	1:30 p.m. – 3 p.m.
Sun.	9 a.m. – 10:30 a.m.

Z-Box (B, I)

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

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

Tues.	5:55 p.m. – 6:40 p.m.
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Zumba (B, I)

A fusion of Latin and international music with dance creates a dynamic fitness system. Ages 9 and up when accompanied by an adult.

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

Tues.	9 a.m. – 10 a.m. 4:45 p.m. – 5:45 p.m.
Thurs.	9 a.m. – 10 a.m. 4:45 p.m. – 5:45 p.m.
Sat.	9 a.m. – 10 a.m.

Zumba Burst (I, A)



Zumba fun in this highly effective workout using all-new Burst program that incorporates calorie-burning cardio bursts throughout the workout. This is a high-intensity interval training and calorie burning workout.

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

Wed.	6:15 p.m. – 7:10 p.m.
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Zumba in SOAR

CrossFit at ALIVE

CrossFit is a perfect full-body workout. Join Eric McGill and his team of 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. 6:30 p.m. – 7:30 p.m.
Friday	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 6 p.m. – 7 p.m.
Saturday	8:30 a.m. – 9:30 a.m.

Couch to CrossFit

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

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.

Guided Imagery

A technique and therapeutic tool to guide you through breathing techniques that calm and relax the body. Each week focuses on different healing imageries related to all areas of well-being.

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

Tues.	11 a.m. – 11:30 a.m.
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Guided Relaxation

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

Cost: Free

Pilates: Basic Matwork (B)

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

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

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

PiYo (I, A)

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

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

Mon.	6:15 p.m. – 7:10 p.m.
Wed.	5:45 a.m. – 6:40 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.	9:30 a.m. – 10:30 a.m.
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Yoga: Basic (B)

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

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

Mon.	6:40 p.m. – 7:40 p.m.
Wed.	5:30 p.m. – 6:30 p.m.
Thurs.	4:30 p.m. – 5:30 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

Wed. 7:30 p.m. – 8:30 p.m.

Yoga: Pre-Natal (B)

Join other mommies-to-be and work on a strong and healthy body during pregnancy. Gentle yoga that nurtures both body and baby, and is appropriate for all trimesters. Bring a pillow to class. Check with your physician prior to beginning any exercise while pregnant.

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

Mon. 5:30 p.m. – 6:30 p.m.

Yoga: Restorative (B)

Targeted to improve flexibility and strengthen the back and restore balance in your body. Learn gentle poses focusing on relaxation, healing and re-aligning the body.

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

Tues. 11:30 a.m. – 12:30 p.m.

Yoga: Slow Flow (B, I)

Gentle poses focus on relaxation, healing and realigning the body. Props will be used to help with positioning.

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

Wed. 6:30 p.m. – 7:30 p.m.

Yoga: Vinyasa (B, I)

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

MOVE Member: \$5/year*

Sun. 11 a.m. – 12:30 p.m.

**Fees paid directly to Instructor Erica Spitzfaden*



PiYo in SOAR

EAT

CHEF'S TABLE

Sit back, relax and let the chef do all the work! Enjoy a delicious three-course meal while the chef discusses helpful tips to make the meals at home.

A Perfect Italian Valentines

Chef Troy Taylor

Enjoy a unique Valentine's Day experience as the chef prepares a delicious three-course meal featuring spaghetti carbonara.

Cost: \$30

Sat., Feb. 13 6:30 p.m. – 8 p.m.

DEMONSTRATIONS

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

A Night In New Orleans

Instructor: Anne E. Plovanich-Jones

Embark on a culinary adventure while learning about and sampling food from New Orleans: Artichaud Fond (artichoke bottom salad), Shrimp Cardinal, Louisiana herbed rice, Spinach Madeleine, Bananas Foster, and a bonus sample of a Scarlett O'Hara.

Cost: \$25

Wed., Feb. 10 6:30 p.m. – 7:30 p.m.

Asian Wok Cooking

Chef Troy Taylor

Learn how to use an Asian wok-hai and the seven basic components for healthy wok meal

formulas. The chef will demonstrate how to whip up a nutritious dinner, treat you to samples and help save time in the kitchen.

Cost: \$25

Mon., Jan. 25 6:30 p.m. – 7:30 p.m.

Carnival in Rio: A Taste of Brasil

Instructor: Anne E. Plovanich-Jones

Learn to prepare a traditional Brazilian meal of palm heart salad, pao do queijo, moqueca do camarao (shrimp stew), maracuja mousse, and a surprise or two. An experience laced with stories, entertainment and flavor.

Cost: \$25

Wed., Jan. 13 6:30 p.m. – 7:30 p.m.

Cooking for Weight Loss

Instructor: Deb Dillon, MS, RDN

It's the new year and resolutions are running high—especially when it comes to weight loss. Learn simple steps that help gradually shed pounds in a healthy way. Hint: to weigh less, cook more. Home cooking puts you in control.

Cost: \$25

Tues., Jan. 26 6:30 p.m. – 7:30 p.m.

Cooking Healthy for Two

Chef Troy Taylor

Schedule your next date night and learn how to create a delicious and healthy menu for two. Includes samples of delicious, heart-healthy dishes, as well as tips for counting calories and managing weekly menus and budgets.

Cost: \$30

Thurs., Jan. 7 6:30 p.m. – 7:30 p.m.

Entertain to Amaze

Chef Troy Taylor

Wow guests at your next social gathering with an array of party-pleasing appetizers. Each recipe can be used to serve four to 30 guests, and tastes great.

Cost: \$25

Fri., Dec. 18 6:30 p.m. – 7:30 p.m.

Heart Healthy Cooking

Instructor: Deb Dillon, MS, RDN

In honor of American Heart Month learn all about heart healthy nutrition while enjoying delicious, flavorful food. Cutting down on saturated fat, cholesterol and salt doesn't mean skimping on flavor.

Cost: \$20

Tues., Feb. 2 6:30 p.m. – 7:30 p.m.

Immune Boosting Nutrition

Instructor: Deb Dillon, MS, RDN

Good nutrition is essential to a strong immune response. Learn about and taste foods that are well-recognized for their roles in building a strong immune system.

Cost: \$20

Thurs., Dec. 10 6:30 p.m. – 7:30 p.m.

Vegan: Indian Cuisine

Chef Karen Cross

Enjoy this vegan-friendly demonstration, allowing you to explore traditional Indian cuisine.

Cost: \$25

Wed., Dec. 16: Paratha, Chutney & Pesto

Wed., Feb. 3: Samosa, Moong Dal & Juice

6:30 p.m. – 7:30 p.m.

Vegan: Jamaican Cuisine

Chef Karen Cross

Spice up taste buds with authentic Jamaican cuisine turned vegan. Learn how to make vegan-friendly, flavorful Jamaican jerk tofu, rice and beans, and garlic green beans.

Cost: \$25

Wed., Feb. 17 6:30 p.m. – 8 p.m.

Favorite Knockoff Soups

Instructor: Anne E. Plovanich-Jones

Learn, prepare, sample and take home knockoff soups made famous by several restaurants including matzo ball, Zuppa Toscana, peanut soup and a simple butternut squash soup.

Cost: \$25

Wed., Dec. 9 6:30 p.m. – 7:30 p.m.

OnTarget Cooking

Instructor: Kristen Johnson

Join the co-author of the Target to Table cookbook for an evening of food, fun and flavor. Includes demos of healthy holiday recipes while sharing techniques to make traditional dishes healthier and more flavorful. Cookbooks available at a discounted price to all participants, perfect for the gift-giving season.

Cost: \$25

Tues., Dec. 22 6:30 p.m. – 7:30 p.m.

Paleo Cooking: Superbowl Party

Instructors: Christina Campbell & Harvest Bosworth

For those following a Paleo lifestyle, social gatherings can be tough. Have fun with this dynamic duo who will discuss the health benefits of a Paleo diet and feed you an array of Paleo-friendly, Superbowl-worthy treats, from chocolate chili to popular dips.

Cost: \$25

Thurs., Jan. 28 6:30 p.m. – 7:30 p.m.

Vegetarian Pasta Extraordinaire

Chef Troy Taylor

Treat your taste buds to butternut squash-stuffed shells topped with a brown sugar and sage buttery blend, as well as complementary sides. The perfect vegetarian-friendly, elegant dish to serve and impress.

Cost: \$25

Mon., Jan. 18 6:30 p.m. – 7:30 p.m.

Seared Sliders from the Sea

Instructor: Larry Adams

This demonstration features the use of pan seared salmon, tilapia and cod in "slider" format with a variety of accompaniments and platings, as well as a surprise lotus root treat.

Cost: \$25

Mon., Jan. 11 6:30 p.m. – 8 p.m.

Stuffed on Salmon

Chef Troy Taylor

Treat yourself to a salmon-filled demonstration featuring salmon panzanella - a traditional Italian bread salad filled with vibrant tomatoes and cucumbers and topped with a protein-boost of salmon.

Cost: \$25

Thurs., Feb. 25 6:30 p.m. – 7:30 p.m.

Vegan: Taste of New Orleans

Chef Karen Cross

Throw in a little Mardi Gras with a taste of New Orleans. Make vegan-friendly gumbo, rice and corn bread pudding. Toss on some beads and enjoy this Louisiana fare.

Cost: \$25

Wed., Jan. 20 6:30 p.m. – 7:30 p.m.

Vegan: Taste of the Ocean

Chef Karen Cross

Create incredible vegan-friendly, seafood dishes including a palate-pleasing salad, clam chowder and crab cakes.

Cost: \$25

Wed., Jan. 6 6:30 p.m. – 7:30 p.m.



Demonstration in RELISH

Teen Sports Performance Nutrition

Instructor: Deb Dillon, MS, RDN

Sports nutrition is about choosing the right foods, in the right amounts, at the right times. Learn about timing of intake and which foods will help ANABOLIC (building) state and recovery.

Cost: \$20

Thurs., Feb. 18 6:30 p.m. – 7:30 p.m.

The Art of Charcuterie

Instructor: Larry Adams

A demonstration on how to make Gravlox, Swedish salmon cured with a blend of sugar, salt and dill. A great holiday hors d'oeuvre. Includes lox, a cold-smoked salmon and a traditional hot-smoked salmon.

Cost: \$25

Mon., Dec. 7 6:30 p.m. – 8 p.m.

Wrap & Roll

Chef Troy Taylor

Watch the chef wow you with eight different wrap recipes. Get versatile options for lunch, dinner or snack time that offer the opportunity to devour favorite foods and flavors all at once. Quick, easy and flavorful.

Cost: \$25

Tues., Jan. 12 6:30 p.m. – 7:30 p.m.



Charcuterie

WORKSHOPS

Embrace your inner chef and perform tasks you never thought possible in our hands-on workshops. Join the fun as you work one-on-one with the chefs and learn new cooking skills to show-off. Plus, take home your creation.

Baking with Kids: Cupcake Tree

Chef Brooke LaFore

Craft delicious cupcakes to mold into beautiful, edible Christmas trees. Participants decorate their masterpiece with festive décor to take home and share with their family. Ages 3-12 (children 3 to 6 must be accompanied by an adult).

Cost: \$25/Tree (maximum 2 participants)

Sun., Dec. 13 2 p.m. – 3:30 p.m.

Baking with Kids: Gingerbread House

Chef Brooke LaFore

Create a classic gingerbread house covered in your child's favorite candies. Participants decorate their masterpiece with festive décor to take home and share with their family. Ages 3-12 (children 3 to 6 must be accompanied by an adult).

Cost: \$25/House (maximum 2 participants)

Sun., Dec. 20 2 p.m. – 3:30 p.m.



Baking with Kids

Bouquet of Cookies

Chef Brooke LaFore

Create delectable cookies to give away to family and friends this holiday season. Learn an easy, sugar cookie recipe made with cream cheese as well as how to make a vegan sugar cookie.

Cost: \$30

Tues., Dec. 15 6 p.m. – 8 p.m.

Bread Baking

Chef Brooke LaFore

Experience all things bread in this workshop sure to lure with tantalizing scents. Learn how to make white bread, vegan-friendly focaccia topped with fresh herbs and stuffed pretzels. Experience kneading different doughs as well as forming, proofing and baking.

Cost: \$30

Tues., Feb. 23 6 p.m. – 8 p.m.

French Macarons

Chef Brooke LaFore

Making these stunning cookies isn't hard, they just require a little extra love. Learn the techniques and science behind macarons as you work to create a dozen to take home amidst a Parisian-inspired atmosphere.

Cost: \$30

Thurs., Feb. 11 6 p.m. – 8 p.m.

Holiday French Pastries

Chef Brooke LaFore

Learn the history and techniques behind three favorite French desserts - buche de noel (Yule

Log), croquembouche (caramel cream puff tower) and classic crème brulee - including spun sugar and pate choux. Impress holiday guests with a spectacular centerpiece for the dessert table.

Cost: \$30

Thurs., Dec. 3 6 p.m. – 8 p.m.

Pasta & Pizza Making

Chef Brooke LaFore

Learn kneading techniques for pasta and pizza dough as well as how to make fresh fettucini noodles, spaghetti noodles and a healthy (vegan-friendly) cauliflower crust. Top creations with a decadent tomato sauce and other mouth-watering toppings.

Cost: \$30

Tues., Jan. 5 6 p.m. – 8 p.m.

Sweet/Savory Croissants & Puff Pastry

Chef Brooke LaFore

Learn the process of creating buttery and flaky layers of sweet and savory croissants and puff pastry. Work on rolling out dough, shaping different items, adding delicious filling and proper (lamination) processes. Take home your creations to enjoy.

Cost: \$30

Thurs., Jan. 21 6 p.m. – 8 p.m.



French Macarons

SUPPORT

Alzheimer's Support Group

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

Cost: Free

Tues., Dec. 15 6:30 p.m. – 7:45 p.m.
 Tues., Jan. 19 6:30 p.m. – 7:45 p.m.
 Tues., Feb. 16 6:30 p.m. – 7:45 p.m.

Diabetes Support Group

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

Cost: Free

Thurs., Jan. 28 6:30 p.m. – 8 p.m.
 Thurs., Feb. 25 6:30 p.m. – 8 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Marie Reynolds

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

Wed. 6 p.m. – 7:45 p.m.

Turning Point Program For Breast Cancer Survivors

ALIVE partners with the Susan G. Komen Foundation and YMCA of Lansing to provide fitness and yoga classes for breast cancer survivors. Class also includes health and fitness assessments, cooking demos, plus more – all focused on the participants' specific needs. Attend as many classes as you're able. Space is limited; call (517) 541-5800 opt. 1.

Free for the first year.

Cost: \$50/12-week session after first year
MOVE Member: \$25/12-week session after first year

Fitness: Tues. 10 a.m. – 10:45 a.m.
 Wed. 5:30 p.m. – 6:15 p.m.
 Yoga: Tues. 11:30 a.m. – 12:30 p.m.

Weight Watchers

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

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



Meet in GATHER

THINK

Babysitter Education Course

Instructor: Laurie Newland

This 12-hour, two-session HGB Babysitter Education course will give the confidence, skills and tools to be a great babysitter. Attendance at both dates is required for certificate of completion. This 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 old.

Cost: \$40

Sat., Feb. 6 & 13 9 a.m. – 3 p.m.

Beauty-Full: Party & Evening Makeup

Instructor: Angela Noble

Enjoy this perfect girls event and learn some new makeup tricks from a published makeup artist to wear at upcoming parties. Covers smoky eyes, picking the right lip color and more. One lucky participant will be selected to receive a makeover during the class. *Pre-registration required; call (517) 541-5800 opt. 1.*

Cost: \$15

Mon., Dec. 14 6:30 p.m. – 7:30 p.m.

Balance & Fall Risk Seminar

Instructor: Kim Dickinson, PTA

Back by popular demand! Falls among the elderly are prevalent, dangerous and can diminish their ability to lead an active, independent life. Approximately one in three seniors over the age of 65, and nearly one in

two over 80, will fall at least once this year. Includes free lunch, presentation and balance screening. *Pre-registration required; call (517) 541-5800 opt. 1.*

Cost: Free

Wed., Dec. 16 11:30 a.m. – 1 p.m.

Breast Health & Risk Assessment

Facilitators: Maureen Hillary, RN, & Jenny Wren, RN

Offered by HGB's Breast Care Center, this program increases understanding of the factors that increase breast cancer risk, recommendations to decrease risk and tools to aid in the early detection of breast cancer. This program provides opportunity to ask questions about generic testing, breast cancer screening and diagnostic testing. *Pre-registration required; call (517) 541-5800 opt. 1.*

Cost: Free

Wed., Jan. 20 1 p.m. – 2:30 p.m.

Financial Fitness

Facilitator: Sandra Guernsey

Learn how to improve money skills. Housing Services Mid Michigan is offering four free classes designed to improve financial wellness. Topics include: money management, spending, saving, borrowing, credit repair, insurance, consumer protection and fair housing. Free childcare is included (in GROW). To register, please call (517) 541-1180. Maximum of 12 people. Classes meet on Wednesdays.

Cost: Free

Jan. 6, 13, 20, 27 10 a.m. – 12 p.m.
Feb. 3, 10, 17, 24 6 p.m. – 8 p.m.

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.

Pre-registration required; call (517) 541-5800 opt. 1.

Cost: Free

Tues., Feb. 16 11:30 a.m. – 1 p.m.

Makeup Essentials

Instructor: Angela Noble

Learn time-saving and beauty-enhancing tricks to do an easy everyday makeup application. This class will answer common questions about eye makeup, complexion, and lip color. One lucky participant will be picked to receive a makeover during the class. *Pre-registration required; call (517) 541-5800 opt. 1.*

Cost: \$15

Mon., Feb. 22 6:30 p.m. – 7:30 p.m.



Beauty-Full: Party & Evening Makeup

Makeup for Teens

Instructor: Angela Noble

Bring a teenager or two to this educational and fun class. Learn about proper and age-appropriate makeup application techniques with a focus on healthy skin care. Includes demonstration. *Pre-registration required; call (517) 541-5800 opt. 1.*

Cost: \$15

Mon., Jan. 25 6:30 p.m. – 7:30 p.m.

Physician Lecture Series: Ankle Pain

Speaker: Dr. Karl W. Dunn, DPM

Join Dr. Dunn as he discusses options for those dealing with ankle arthritis and pain including non-surgical and surgical options. He will also discuss current advances, as well as who qualifies for ankle replacements.

Cost: Free

Wed., Dec. 9 6 p.m. – 7 p.m.

Physician Lecture Series: Knee Arthritis

Speaker: Dr. Jeremy Pascotto, DO

Join Dr. Pascotto as he discusses arthritis of the knee and what causes it, as well as conservative and operative treatment options.

Cost: Free

Wed., Jan. 13 5 p.m. – 6 p.m.

Prenatal Class Series

Join parents in their third trimester of pregnancy as they prepare for labor, birth and care of their infant. This three week series provides evidence-based information on what to expect during labor and birth, comfort measures, pain management techniques and medical interventions that may be needed. Offered by EPO (Expectant Parents Organization); taught by registered nurses. Register online at www.epobaby.org or call (517) 337-7365.

Cost: \$125/couple

Sat., Feb. 13, 20, 27 9 a.m. – 11:30 a.m.

The Basics of Alzheimer's Seminar

Presenter: Cammi Robinson

This introductory program conducted by The Alzheimer's Association is designed to help people learn how to identify the differences between dementia and Alzheimer's disease, recognize possible signs of Alzheimer's and better understand how Alzheimer's is diagnosed. Pre-registration is required; call (800) 272-3900.

Cost: Free

Tues., Feb. 9 11:30 a.m. – 1 p.m.

GROW

Bridge: Kids Only

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

Cost: \$4/day

GROW Member: Free

Tues. 3 p.m. – 5 p.m.

Thurs. 3 p.m. – 5 p.m.

CFF Kids

CrossFit Fade now offers a fun fitness program designed for kids K-8 that teaches the fundamentals of proper movement, and encourages a healthy lifestyle beginning in childhood.

**Cost: \$60/six-week session
\$110/quarter**

Sat. 9:45 a.m. – 10:30 a.m.

Dr. Seuss Birthday Party

Celebrate the Cat in the Hat's birthday. Play in the 36-foot tall tree house, make and take Cat in the Hat theme crafts. Includes a birthday cake snack.

Cost: \$5/family

Sat., Feb. 27 1 p.m. – 3 p.m.

Five-Summits Challenge

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

Impression 5's Electrifying Science

Let science shock you while you learn about static electricity and build your own circuit. Get ready for a hair-raising good time. Ages 6 to 10. *Pre-registration required; call (517) 541-5803.*

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

Sat., Jan. 16 10 a.m. – 11:30 a.m.

Impression 5's LEGO® Mania

Build and design with LEGOs®, and explore the world of engineering by designing and testing. Use LEGO® bricks to unleash your imagination and meet building challenges. Ages 6 to 10. *Pre-registration required; call (517) 541-5803.*

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

Sat., Feb. 6 10 a.m. – 11:30 a.m.

Impression 5's Minion Science

Instructor: Impression 5 Staff

Embrace your love of the iconic scene-stealers from the Despicable Me movies. Join for a

morning of minion mischief as we investigate their favorite food (bananas) and so much more. Assemble the minions. Ages 6 to 10. *Pre-registration required; call (517) 541-5803.*

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

Sat., Dec. 12 10 a.m. – 11:30 a.m.

Parents' Great Escape

Parents, drop the kids off for an evening of fun. Ages 3-6 (pick up by 8:30 p.m.), ages 7-12 stay until 10 p.m. Supervised activities include: arts and crafts, scavenger hunt, group games, rock wall (45 lbs and up) and more. Pizza dinner provided. Pre-registration is required by the Wednesday prior to the event.

Cost: \$15 first child
\$10 per add'l child *(same household)*
GROW Member: \$13.50 first child
\$9 per add'l child *(same household)*

Fri., Jan. 15 6 p.m. – 10 p.m.

Fri., Feb. 19 6 p.m. – 10 p.m.

Preschool Sports Sampler

This sports sampler class is designed to teach 3- to 5-year-olds the basics of two sports: floor hockey and basketball. Each month a different sport featured. Age appropriate instruction, basic ball and stick handling and scoring are the focus.

Cost: \$15/sport
GROW Member: \$12/sport

Jan. 16, 23, 30: Floor Hockey

Feb. 13, 20, 27: Basketball

Sat. 11:15 a.m. – 12 p.m.

Roll and Read

Enjoy 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 at the same time.

Cost: Free

Fri., Jan. 22 5 p.m. – 7 p.m.

Santa's Workshop

Visit with Santa and have your parents take a picture, enjoy a cup of hot chocolate and treat, all FREE. Stay to help Santa and his elves in their workshop, and make and take holiday crafts.

Santa visit: Free

Workshops:

Cost: \$10/person

GROW Members: \$8/person

Sat., Dec. 19 1 p.m. – 3 p.m.

Tail Wagging Tutors

Kids, read to Maggie, a certified therapy dog. Bring your own 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) 543-5803.*

Cost: Free

Tiny Tot Playgroup

Children 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. Ages 0-5

Cost: Free

Tues. 3 p.m. – 4 p.m.

Fri. 11 a.m. – 12 p.m.

Youth Volleyball

Fun and interactive sessions designed for ages 8-13 to learn how to bump, set, spike and the basic fundamentals of volleyball. Begins Jan. 16.

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

Jan. 16, 23, 30

Feb. 13, 20, 27

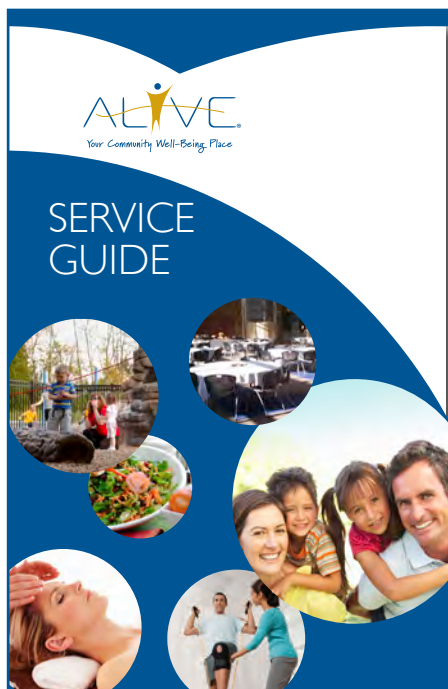
Sat. 10:15 a.m. – 11:00 a.m.



Volleyball in SOAR

For a complete listing of ALIVE services, pick up our Service Guide featuring:

- **Clinical therapy services**
 - **Health and wellness services**
 - **Spa services**
 - **Event and party planning services**
- ... and more!**



NOURISH
BY THE BIG SALAD

Now open for dinner during the week!

MONDAY – FRIDAY
10:30 a.m. to 7 p.m.

SATURDAY
11 a.m. to 2 p.m.

Full menu includes salads and sandwiches, as well as Grab 'n Go items, soup, smoothies, coffee and beverages ... all available during open hours!



Notes

HGB Service Directory

HGB – Main	543-1050
Ambulance Services	911 or 541-5912
Breast Care Center	541-5805
Cardio/Pulmonary Rehab	543-1050, ext. 1357
Diabetes Program	543-1050, ext. 1727
Emergency Department	911 or 543-9508
Endoscopy Station	541-5833
Food and Nutrition	541-5909
HGB Heart Station	541-5840
Human Resources	543-9502
Care Station	543-1050, ext. 3261 <i>(anticoagulation, infusion, urology)</i>
Laboratory	543-9505
Medical Records	543-1050, ext. 1397
Medical and Surgical Unit	543-1050, ext. 1303
Patient Financial Services	541-1969
Respiratory Services	541-5948
Sleep Station	541-5845
Surgery	543-1050, ext. 1365
Urgent Care	541-5935

For more information about HGB services, visit

www.hgbhealth.com.





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Main (517) 541-5800

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