



# SUMMER PROGRAM GUIDE



June 1, 2015 – Aug. 30, 2015  
[www.myalive.com](http://www.myalive.com)

## Hours of Operation

### ALIVE and MOVE

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

### NOURISH by The Big Salad\*

Monday – Thursday	10:30 a.m. to 8 p.m.
Friday	10:30 a.m. to 7 p.m.
Saturday	10:30 a.m. to 2 p.m.
Sunday	Closed

*\*Hours subject to change*

### GROW

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

### Holidays

ALIVE will be closed:

- Memorial Day: Monday, May 25
- Independence Day: Saturday, July 4
- Labor Day: Monday, Sept. 7

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



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

## Directory

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

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## Registration

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

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

- **Session 1: June 1 – July 12**
- **Session 2: July 13 – Aug. 23**
- **Make-up: Aug. 24 – Aug. 30**

Three convenient registration methods:

- Log in to myalive.com. (*Register online and save \$1 on program or class fees.*)
- Call (517) 543-9575.
- Visit ENCOUNTER, the MOVE 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 programs by NOURISH by the Big Salad
- Plus more!

## Refunds

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

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

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



GATHER entrance

## 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 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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PRESERVE

## Special Events

### JUNE: Prevent

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Pelvic Floor Disorder Pg. 45
- June 4 Sushi Roll & Go Pg. 40
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### JULY: Energize

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- July 9 Gluten-Free Cooking Pg. 38
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- July 15 Kid's Craft Night Pg. 47
- July 16 Healthy Heart Cooking Pg. 38
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Mexican Fiesta

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Tail Wagging Tutors

## Weekly Schedule

### Mondays

- 5:30 a.m.–9 p.m. Indoor Walking
- 6 a.m.–7 a.m. CrossFit (JoC)
- 8 a.m.–8:45 a.m. Pilates: Basic Matwork (HJ)
- 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 (HJ)
- 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 (JoC)
- 10 a.m.–10:45 a.m. Enhance® Fitness (AT)
- 10 a.m.–10:45 a.m. Turning Point: Fitness (AP)
- 10 a.m.–10:50 a.m. Cardio Blast (CJ)
- 12 p.m.–1 p.m. Basketball: Adult Drop-In
- 12 p.m.–1 p.m. CrossFit (JoC)
- 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 (EM)
- 5 p.m.–5:45 p.m. Zumba (LB)
- 5:30 p.m.–6:15 p.m. Bootcamp (TS)
- 5:30 p.m.–6:15 p.m. Group Cycling: Virtual Ride
- 5:30 p.m.–6:30 p.m. Yoga: Pre-Natal (JD)
- 5:45 p.m.–6:25 p.m. Cardio Kickboxing (CC)
- 6:30 p.m.–7:15 p.m. Group Cycling: Spin & Sculpt (KaP)
- 6:30 p.m.–7:15 p.m. PiYo (AIP)
- 6:30 p.m.–7:30 p.m. CrossFit (MM)
- 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.–9 p.m. Volleyball: Drop-In

## Tuesdays

5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit (HB)
6:30 a.m.–8 a.m.	Basketball: Adult Drop-In
7 a.m.–8 a.m.	Couch To CrossFit (EM)
8 a.m.–9 a.m.	TRX/Kettlebell Combo (EM)
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–10 a.m.	CrossFit (EM)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
11:15 a.m.–11:45 a.m.	Circuit Training (KK)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	CrossFit (EM)
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
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 (EM)
5 p.m.–5:30 p.m.	30-Minute Blast (KS)
5:30 p.m.–6:30 p.m.	CrossFit (EM)
5:30 p.m.–6:30 p.m.	Weight Watchers
5:30 p.m.–6:30 p.m.	Z-Box (ED)
5:45 p.m.–6:30 p.m.	Running Group (TS)
6:30 p.m.–7:15 p.m.	Group Cycling: Virtual Ride
6:30 p.m.–7:25 p.m.	POUND (ED)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
6:30 p.m.–7:30 p.m.	Sunflower Gardening Club
7:30 p.m.–8:30 p.m.	Couch to CrossFit (EM)
7:30 p.m.–9 p.m.	Basketball: Adult Drop-In

## Wednesdays

5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	PiYo (AIP)
6 a.m.–7 a.m.	CrossFit (HB)
8:15 a.m.–9 a.m.	Group Cycling (MM)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (AP)
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 (EM)
9:30 a.m.–10:30 a.m.	Weight Watchers
10 a.m.–10:45 a.m.	Enhance® Fitness (AT)
10 a.m.–10:45 a.m.	Turning Point: Fitness (AP)
10 a.m.–10:50 a.m.	Cardio Blast (CJ)
10:55 a.m.–11:30 a.m.	Barre None (CJ)
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	CrossFit (EM)
1 p.m.–3 p.m.	Pickleball
2 p.m.–2:45 p.m.	Qigong (ES)
3 p.m.–3:45 p.m.	Tai Chi (ES)
3 p.m.–4 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:15 p.m.	Group Cycling (KaP)
4:30 p.m.–5:30 p.m.	CrossFit (EM)
5 p.m.–5:40 p.m.	Cardio Kickboxing (KS)
5:30 p.m.–6:15 p.m.	Bootcamp (TS)
5:30 p.m.–6:30 p.m.	Yoga: Basic (CM)
5:45 p.m.–6:25 p.m.	Cardio Kickboxing (CC)
6 p.m.–7:45 p.m.	TOPS
6:30 p.m.–7:30 p.m.	CrossFit (EM)
6:30 p.m.–7:30 p.m.	Yoga: Slow Flow (CM)
7 p.m.–7:45 p.m.	Body Sculpting (MB)
7:30 p.m.–8:30 p.m.	Yoga: Power (CM)
7:30 p.m.–9 p.m.	Volleyball: Drop-In

## Thursdays

5:30 a.m.–9 p.m.	Indoor Walking
5:45 a.m.–6:15 a.m.	30-Minute Blast (GR)
5:45 a.m.–6:30 a.m.	Group Cycling (MM)
6 a.m.–7 a.m.	CrossFit (EM)
7 a.m.–8 a.m.	Couch to CrossFit (EM)
9 a.m.–10 a.m.	CrossFit (EM)
10 a.m.–10:30 a.m.	Deep Stretch (JD)
10:35 a.m.–11:10 a.m.	Live Long, Live Strong (AD)
11:15 a.m.–11:45 a.m.	Circuit Training (KK)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	CrossFit (EM)
12:10 p.m.–12:28 p.m.	18-Minute Blast (JC)
3 p.m.–5 p.m.	BRIDGE: Kids Only
4:30 p.m.–5:30 p.m.	CrossFit (EM)
4:30 p.m.–5:30 p.m.	Yoga: Basic (AT)
5:30 p.m.–6:25 p.m.	Zumba (KP)
5:30 p.m.–6:30 p.m.	TRX/Kettlebell Combo (EM)
5:45 p.m.–6:15 p.m.	Running Group (TS)
6:20 p.m.–7:20 p.m.	Yoga for Runners (AT)
6:30 p.m.–7:25 p.m.	POUND (KP)
6:30 p.m.–7:30 p.m.	Couch to CrossFit (EM)
6:30 p.m.–7:30 p.m.	Sunflower Gardening Club
7:30 p.m.–8:30 p.m.	CrossFit (EM)
7:30 p.m.–9 p.m.	Basketball: Adult Drop-In

## Fridays

5:30 a.m.–7:30 p.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Cardio Kickboxing (AIP)
6 a.m.–7 a.m.	CrossFit (JoC)
7 a.m.–8 a.m.	Metabolic Conditioning (EM)
7 a.m.–9 a.m.	Basketball: All Ages Drop-In

8 a.m.–8:45 a.m.	PiYo (KK)
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 (JoC)
9 a.m.–10 a.m.	Yoga: Basic (AT)
10 a.m.–10:45 a.m.	Enhance® Fitness (AP)
10 a.m.–10:50 a.m.	Cardio Blast (CJ)
11 a.m.–11:30 a.m.	Foam Roller (MB)
11 a.m.–12 p.m.	Tiny Tot Playgroup
12 p.m.–1 p.m.	Basketball: Adult Drop-In
12 p.m.–1 p.m.	CrossFit (JoC)
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 (EM)
5:45 p.m.–6:30 p.m.	Tabata (JS)
6 p.m.–7 p.m.	CrossFit (EM)
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.–3 p.m.	Indoor Walking
8 a.m.–8:45 a.m.	Group Cycling: Virtual Ride
8 a.m.–9 a.m.	CrossFit (MM)
8:10 a.m.–8:55 a.m.	PiYo (AIP)
9 a.m.–9:45 a.m.	Group Cycling: Virtual Ride
9 a.m.–9:45 a.m.	Strength & Stability (HK)
9 a.m.–10 a.m.	BRIDGE: Women-Only Workout
9:15 a.m.–10:15 a.m.	CrossFit (MM)
10:30 a.m.–11:30 a.m.	Barbell Club (MM)
11 a.m.–12:30 p.m.	Basketball: Adult Drop-In
1:30 p.m.–3 p.m.	Volleyball: Drop-In

## Sundays

9 a.m.–10:30 a.m.	Volleyball Drop-In
9 a.m.–5 p.m.	Indoor Walking
9:15 a.m.–10 a.m.	Running Group (TS)
10:45 a.m.–12 p.m.	Basketball: All Ages Drop-In
11 a.m.–1 p.m.	Basketball: Open Shoot
11 a.m.–1 p.m.	Rock Climbing
1 p.m.–1:45 p.m.	Tabata (JS)
3:30 p.m.–5 p.m.	Basketball: Adult Drop-In
3:30 p.m.–5 p.m.	Yoga: Vinyasa

## Instructors

AD = Adam D.	JC = Jake C.
AIP = Alicia P.	JoC = John C.
AP = Amy P.	JD = Jennifer D.
AT = Amanda T.	JS = Jenna S.
CC = Christina C.	KK = Kim K.
CJ = Cheryl J.	KaP = Kasey P.
CM = Courtney M.	KP = Kristin P.
ED = Ellen D.	KS = Kyla S.
EM = Eric M.	LB = Lisa B.
ES = Elaine S.	MB = Matt B.
GR = Greg R.	MM = Morene M.
HB = Harvest B.	NH = Nick H.
HJ = Heather J.	TS = Tom S.
HK = Heather K.	

## DO

### Skill Levels:

<b>B</b>	=	Beginner
<b>I</b>	=	Intermediate
<b>A</b>	=	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. (Core) 5 p.m. – 5:30 p.m.
Thurs.	5:45 a.m. – 6:15 a.m.

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

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

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

## AcCeLerate Performance Training

**June 22 – Aug. 3**

A performance training program designed to develop a physical foundation and decrease risk for lower extremity injuries for 7th to 12th grade athletes. Includes video jump analysis in addition to pre- and post-athletic performance assessment when registered for 18 sessions. See AcCeLerate in action at: [www.myalive.com/accelerate](http://www.myalive.com/accelerate).

**Cost: \$99/6 sessions**  
**\$169/12 sessions**  
**\$199/18 session**

Mon.	1 p.m. – 2:30 p.m.
Wed.	1 p.m. – 2:30 p.m.
Thurs.	1 p.m. – 2:30 p.m.

## Barre None (B, I)

Sculpt and tone muscles, improve flexibility and balance with workouts for all fitness levels and ages. Does not require a barre. Class format includes standing leg work, upper body work, core and floor work.

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

Wed.	10:55 a.m. – 11:30 a.m.
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## Barbell Club (I, A)



This program incorporates basic barbell movements including bench, dead lift, squat, clean, jerk and snatch. Learn proper form and how to improve overall lift. Included with CrossFit membership.

**Cost: \$18/class**  
**MOVE Member Cost: \$15/class**

Sat.	10:30 a.m. – 11:30 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.	11 a.m. – 12:30 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.
Sun.	10:45 a.m. – 12 p.m.

## Basketball: Open Shoot

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

**Cost: Free**

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.
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 p.m. – 7:45 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.



Basketball: Teen Drop-In

## BRIDGE: Women-Only Workout

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

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

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

## Cardio Blast (B, I)

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

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

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

## 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.	5:45 p.m. – 6:25 p.m.
Wed.	5 p.m. – 5:40 p.m. 5:45 p.m. – 6:25 p.m.
Fri.	5:45 a.m. – 6:30 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.

## CrossFit (B, I, A)

Combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored to meet all fitness levels. On-Ramp program is available for those getting started.

**Cost:** \$75/month  
**MOVE Member:** \$45/month  
**Drop-in class:** \$15/class (half off drop-in rate at 12 p.m. class)

See page 30 for days and times.

## Couch to CrossFit (B)



Introductory class teaches beginners proper form and technique in preparation for mainstream CrossFit classes. Class meets two days per week.

**Cost:** \$75  
**MOVE Member:** \$45

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

## Enhance® Fitness (B)

Staying fit as you age doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. Ideal for those just beginning exercise, in diabetes or weight

management or who recently completed rehabilitation. *Evidence-based class supported by the Michigan Dept. of Health and Centers for Disease Control.*

**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.

## 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.

## Good Form Running (B, I, A)

Playmakers' program that teaches the four essential steps to good form in running and how those steps increase speed and decrease risk of injury. Pre-registration required; call (517) 543-9575.

**Cost:** Free

Tues., June 9 5:30 p.m. – 7 p.m.

## Good Form Walking (B, I, A)

Playmakers' program designed to help walkers of all ages and abilities move more efficiently. Learn three simple components to walk without injury, with a well-balanced stride and renewed vigor. Pre-registration required. **Strongly recommended for all walkers.**

**Cost:** Free

Tues., July 14 11 a.m. – 12 p.m.

## Group Cycling (B, I, A)

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

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

Tues.	5:45 a.m. – 6:30 a.m.
Wed.	8:15 a.m. – 9 a.m. 4:30 p.m. – 5:15 p.m.
Thurs.	5:45 a.m. – 6:30 a.m.

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

Group cycling with intervals of weight training exercises.

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

Mon.	6:30 p.m. – 7:15 p.m.
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## 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. 6:30 p.m. – 7:15 p.m.
Fri.	9 a.m. – 9:45 a.m.
Sat.	8 a.m. – 8:45 a.m. 9 a.m. – 9:45 a.m.

## Indoor Walking

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

**Cost: Free**

## live life. Nspired

This annual HGB 5K run and family walk is inspired by Natalie Freiburger's 11 years of live lived fully. Join participants from all walks of life for this unique generosity experience. Visit [lifeliveinspired.org](http://lifeliveinspired.org) for early registration dates and race start times.

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

Sat., Sept. 12

8 a.m.



## 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**

Thurs.

10:35 a.m. – 11:10 a.m.

## Metabolic Conditioning (A) **NEW**

Utilizes a combination of body-weight, strength and anaerobic conditioning drills. Workouts consist of body-weight movements combined with rowing, running, biking and jump roping. High intensity with little rest.

**Cost:** \$35/six-week session  
**MOVE & CrossFit:** \$25/six-week session  
Fri. 7 a.m. – 8 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.

## POUND (B, I)

Channel your “inner rock star” and fuse cardio interval training with drumming to provide a challenging, heart-pounding workout. Uses actual drumsticks. 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. 6:30 p.m. – 7:25 p.m.  
Thurs. 6:30 p.m. – 7:25 p.m.

## Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome; a signed waiver

must be on file. Try the new Nine-Summits Challenge. Minimum weight requirement is 45 lbs.

**Cost:** Free  
Sun. 11 a.m. – 1 p.m.

## Running Group (B, I) **NEW**

Join and run with friends! Learn how to set goals, prepare for race day and, most importantly, how to improve time.

**Cost:** \$30/six-week session  
**MOVE Member:** Free  
Tues. 5:45 p.m. – 6:30 p.m.  
Thurs. 5:45 p.m. – 6:15 p.m.  
Sun. 9:15 a.m. – 10 a.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.  
Sat. 9 a.m. – 9:45 a.m.



Rock Climbing on ASCEND

## Tabata (B, I, A)

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

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

Mon.	9 a.m. – 9:50 a.m.
Wed.	9 a.m. – 9:50 a.m.
Fri.	9 a.m. – 9:50 a.m.
	(Ages 9+) 5:45 p.m. – 6:30 p.m.
Sun.	1 p.m. – 1:45 p.m.

## TRX/Kettlebell Combo (I, A)

Combines the body-weight training benefits of TRX with the strength and endurance of kettlebell training.

**Cost:** \$35/six-week session  
**MOVE & CrossFit: \$25/six-week session**

Tues.	8 a.m. – 9 a.m.
Thurs.	5:30 p.m. – 6:30 p.m.

## Volleyball: Drop-In

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

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

Mon. (Ages 18+)	7:30 p.m. – 9 p.m.
Wed. (Ages 13+)	7:30 p.m. – 9 p.m.
Sat. (Ages 13+)	1:30 p.m. – 3 p.m.
Sun. (Ages 13+)	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.	5:30 p.m. – 6:30 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**

Mon.	5 p.m. – 5:45 p.m.
Thurs.	5:30 p.m. – 6:25 p.m.



TRX/Kettlebell Combo

## CrossFit at ALIVE

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



Mon., Wed. & Thurs.	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 12 p.m. – 1 p.m. 4:30 p.m. – 5:30 p.m. 6:30 p.m. – 7:30 p.m.
Tuesday	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 12 p.m. – 1 p.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.
Friday	6 a.m. – 7 a.m. 9 a.m. – 10 a.m. 12 p.m. – 1 p.m. 4:30 p.m. – 5:30 p.m. 6 p.m. – 7 p.m.
Saturday	8 a.m. – 9 a.m. 9:15 a.m. – 10:15 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 Relaxation

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

**Cost:** Free

### Pilates: Basic Matwork (B)

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

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

Mon. 8 a.m. – 8:45 a.m.

9 a.m. – 9:45 a.m.

Wed. 9 a.m. – 9:45 a.m.



AWAKEN

## PiYo (I, A)

PiYo is an athletic 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.	6:30 p.m. – 7:15 p.m.
Wed.	5:45 a.m. – 6:30 a.m.
Fri.	8 a.m. – 8:45 a.m.
Sat.	8:10 a.m. – 8:55 a.m.

## Qigong (B, I)

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

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

Wed.	2 p.m. – 2:45 p.m.
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## Tai Chi (B)

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

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

Wed.	3 p.m. – 3:45 p.m.
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## Yoga: Basic (B)

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

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

Mon.	6:40 p.m. – 7:40 p.m.
Wed.	5:30 p.m. – 6:30 p.m.
Thurs. (Ages 9+)	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.
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## Yoga: Pre-Natal (B)

Join other mummies-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.
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## Yoga: Runners (B, I, A)

It's been proven runners can benefit from yoga. Focuses on strength, balance and stretching to enhance a runner's performance.

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

Thurs.	6:20 p.m. – 7:20 p.m.
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## Yoga: Slow Flow (B, I)

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

*\*Option for Turning Point Program*

**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](http://www.charlottetoyoga.net))

**MOVE Member:** \$5/year\*\*  
Sun. 3:30 p.m. – 5 p.m.

*\*\*Fees paid directly to Instructor Eric Spitzfaden*



**PONDER**

## EAT

### Cake Decorating Basics (V)

**Chef Brooke LaFore**

Learn cake decorating basics including baking a cake, piping techniques and how to make a delicious butter cream frosting. Create a scrumptious cake to take home.

**Cost:** \$20

Tues., Aug. 25 6:30 p.m. – 7:30 p.m.

### Chef's Table: Bal-Tai Chicken

**Chef Richard Taylor**

Chef prepares a delicious meal for you to enjoy. Dinner includes:

- Mixed-greens salad
- Bal-Tai chicken
- Fresh mixed vegetables
- Basmati rice
- Surprise dessert

**Cost:** \$25

Wed., Aug. 19 6:30 p.m. – 7:30 p.m.

### Chef's Table: Fish Soup

**Chef Richard Taylor**

Chef prepares a delicious meal for you to enjoy. Dinner includes:

- Mixed-greens salad
- Saffron fish soup with coconut milk
- Crusty bread
- Surprise dessert

**Cost:** \$25

Wed., Aug. 26 6:30 p.m. – 7:30 p.m.

V = vegetarian

## Chef's Table: Flounder

### Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.  
Dinner includes:

- Mixed-greens salad
- Pan-sauteed flounder with lemon butter
- Fingerling potatoes
- Fresh green beans
- Surprise dessert

**Cost: \$30**

Wed., June 3 6:30 p.m. – 7:30 p.m.

## Chef's Table: Pork Chops

### Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.  
Dinner includes:

- Mixed-greens salad
- Jerk grilled pork chop
- Mashed sweet potatoes
- Fresh green beans
- Surprise dessert

**Cost: \$25**

Wed., Aug. 5 6:30 p.m. – 7:30 p.m.

## Chef's Table: Salmon

### Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.  
Dinner includes:

- Mixed-greens salad
- Pan-seared salmon
- Fresh corn and bean salsa
- Surprise dessert

**Cost: \$25**

Wed., July 1 6:30 p.m. – 7:30 p.m.

V = vegetarian

## Cooking for Diabetes

### Instructor: Deb Dillon, MS, RD

Learn to prepare delicious meals perfect for people managing diabetes, and how to effectively count carbs to control blood sugar.

**Cost: \$20**

Tues., June 9 11:30 a.m. – 12:30 p.m.

## Cooking with Kids

### Chef Marty Martin

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

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

Thurs., June 11 6 p.m. – 7:30 p.m.

Thurs., July 23 6 p.m. – 7:30 p.m.

Thurs., Aug. 20 6 p.m. – 7:30 p.m.

## Create Your Own Cheeses (V)

### Chef Gary Colles

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

**Cost: \$20 per class**

June 20 (Cheddar) 9 a.m. – 12 p.m.

July 11 (Pannier) 9 a.m. – 12 p.m.



Chef's Table: Pork Chops

## Cupcake Decorating (V)

**Chef Brooke LaFore**

Learn cupcake decorating basics including baking a cupcake, piping techniques and how to make a delicious butter cream frosting. Create scrumptious cupcakes to take home. Ages 9 and up.

**Cost: \$20**

Mon., June 15 6:30 p.m. – 7:30 p.m.

## Gluten-Free Baking (GF, V)

**Chef Sarah Wood**

Learn how to properly clean kitchen surfaces to create a completely gluten-free environment. Then, make delicious naturally gluten-free baked goods.

**Cost: \$20**

Thurs., July 30 12 p.m. – 1 p.m.

## Gluten-Free Cooking (GF)

**Chef Sarah Wood**

Create delicious, naturally gluten-free dishes, including tips on properly cleaning kitchen surfaces.

**Cost: \$20 per class**

Thurs., July 9 12 p.m. – 1 p.m.

Thurs., Aug. 27 12 p.m. – 1 p.m.

## Healthy Heart Cooking

**Instructor: Deb Dillon, MS, RD**

Make a “heart healthy” meal, includes tips on reducing sodium without sacrificing flavor.

**Cost: \$20**

Thurs., July 16 6:30 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

## Homemade Ice Cream (V)

**Chef Brooke LaFore**

Learn how to select the best ingredients for popular ice cream flavors and the proper technique for churning ice cream. Enjoy sundaes with ice cream and toppings made in class. Ages 9 and up.

**Cost: \$15**

Mon., July 13 6:30 p.m. – 7:30 p.m.

## Let's Get Grilling (V)

**Chef Karen Cross**

Make delicious vegan gator burgers and carrot fries, then enjoy a surprise dessert.

**Cost: \$25**

Wed., June 10 6:30 p.m. – 7:30 p.m.

## Mediterranean Cooking (V)

**Chef Karen Cross**

Learn how to create falafel and fresh avocado hummus. Then, enjoy a Mediterranean chopped salad, homemade tahini sauce and date bars.

**Cost: \$25**

Wed., June 24 6:30 p.m. – 7:30 p.m.

## Mexican Fiesta (V)

**Chef Karen Cross**

Make fresh tamales, and a Mexican kale and black bean salad. Then, pair those dishes with a Mexican fruit salad for the perfect fiesta.

**Cost: \$25**

Wed., July 8 6:30 p.m. – 7:30 p.m.

## Paleo Cooking

**Instructors: Christina Campbell and Harvest Bosworth**

Join Christina and Harvest as they discuss the health benefits of a Paleo diet. Make delicious dishes the entire family will enjoy.

**Cost: \$20 per class**

Thurs., June 25 6:30 p.m. – 7:30 p.m.

Thurs., Aug. 13 6:30 p.m. – 7:30 p.m.

## Sushi Roll & Go

**Instructor: Patrick Sustrich**

During the lunch hour learn how to roll two sushi rolls in each class. Eat in or take it to go. A great option for a healthy lunch. All supplies provided. Beverage included.

**Cost: \$10 per class**

Thurs., June 4 12 p.m. – 1 p.m.

Thurs., July 2 12 p.m. – 1 p.m.

Thurs., Aug. 6 12 p.m. – 1 p.m.

## Taste of the Ocean (v)

**Chef Karen Cross**

Create a delicious vegan clam chowder, fresh crab cakes and a delicious purple cabbage salad.

**Cost: \$25**

Wed., Aug. 12 6:30 p.m. – 7:30 p.m.

## Thai Cooking (v)

**Chef Karen Cross**

Learn how to make delicious hot and sour soup to enjoy with fresh Thai spring rolls and tangy almond butter sauce. Then, create basil fried rice to “Thai” your dish together.

**Cost: \$25**

Wed., July 22 6:30 p.m. – 7:30 p.m.

## SUPPORT

### Alzheimer’s Support Group

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

**Cost: Free**

Tues., June 16 6:30 p.m. – 7:45 p.m.

Tues., July 21 6:30 p.m. – 7:45 p.m.

Tues., Aug. 18 6:30 p.m. – 7:45 p.m.

### CanHope Support Group

Support for cancer patients, survivors, family and friends, and caregivers. Gatherings involve informal conversations and sometimes feature presentations from medical professionals. Occasional opportunities to take on projects to help those dealing with cancer or to support cancer-related events.

**Cost: Free**

Mon., June 15 6:30 p.m. – 7:45 p.m.

Mon., July 20 6:30 p.m. – 7:45 p.m.

Mon., Aug. 17 6:30 p.m. – 7:45 p.m.

### Diabetes Support Group

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

**Cost: Free**

Thurs., June 25 6:30 p.m. – 8 p.m.

Thurs., July 23 6:30 p.m. – 8 p.m.

Thurs., Aug. 27 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](http://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) 541-5812 to register.

**Cost: Free**

Fitness: Mon. & Wed. 10 a.m. – 10:45 a.m.

Yoga: Wed. 6:30 p.m. – 7:30 p.m.

## Weight Watchers

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

Tues. 5:30 p.m. – 6:30 p.m.

Wed. 9:30 a.m. – 10:30 a.m.

## THINK

### Breast Cancer Risk Assessment

**Facilitator: Maureen Hillary, RN**

Offered by HGB's Breast Care Center to help women and men understand risks for breast cancer. If you have a high risk for breast cancer, have a family history of breast cancer or have recently been diagnosed with breast cancer, this class helps answer questions about breast health, genetics, breast cancer screenings and diagnostic testing. Pre-registration required; call (517) 543-9575.

**Cost: Free**

Wed., June 10 1 p.m. – 2 p.m.

Tues., July 21 1 p.m. – 2 p.m.

Tues., Aug. 25 6 p.m. – 7 p.m.

### Build a Birdhouse

**Facilitator: Patrick Sustrich**

Build a fun habitat for the birds around ALIVE. Create and decorate a birdhouse to be used in PRESERVE. Pre-registration required; call (517) 543-9575.

**Cost: Free**

Sat., June 27 11:30 a.m. – 12:30 p.m.

### Golf, Grilling & Guys Health

June is Men's Health Month. Celebrate with this fourth annual event featuring grilling, and a variety of health and recreation screenings including: golf swing analysis, body composition, blood pressure, balance screening and more.

**Cost: Free**

Sat., June 20 9 a.m. – 12 p.m.

## FitBit 101

**Speaker: Amy Pennington**

It seems everyone has a fitness tracker. Learn how they work, what they measure and how to utilize these tools to help achieve fitness goals. Pre-registration required; call (517) 543-9575.

**Cost: Free**

Fri., Aug. 14 11 a.m. – 12 p.m.

## HGB Annual Gala

Join us for another extravagant evening at HGB's Annual Gala. This year's theme of "Discovery" will provide interactive experiences, great food and beverages, themed auction items, entertainment and more. Open to all who are looking for a creative and memorable way to support HGB and its initiatives. Contact HGB's Community Development Department at [give@hgbhealth.com](mailto:give@hgbhealth.com) for more information.

**Cost: \$25/person**

Thurs., Sept. 17 7 p.m. – 10 p.m.

## Kidney Smart

**Speaker: Chereese Ford-Payne**

Learn how kidneys function and the causes of chronic kidney disease. Also how medications, diet and nutrition work together to keep you healthy, and what treatment choices are available. Pre-registration required; call (517) 333-8430.

**Cost: Free**

Thurs., June 18 5 p.m. – 6 p.m.

Thurs., Aug. 20 5 p.m. – 6 p.m.

## Make-up for Beginners

**Instructor: Angela Noble**

Receive answers to common make-up questions, and learn new tips and tricks to assist in daily application. Includes a demonstration. Pre-registration required; call (517) 543-9575.

**Cost: \$20**

Mon., June 22 11:30 a.m. – 1 p.m.

## Physician Lecture Series: Pelvic Floor Disorder

**Speaker: Dr. Robert Seiler**

Join Dr. Seiler when he discusses urinary incontinence along with the variety of different treatments and therapy techniques available. Lunch provided. Pre-registration required; call (517) 543-9575.

**Cost: Free**

Wed., June 3 12 p.m. – 1 p.m.

### Travel with "A"

Let "A" tag along on your summer travels. Through Mon., Aug. 31, snap a photo with "A" or the ALIVE logo and send it to [apennington@hgbhealth.com](mailto:apennington@hgbhealth.com); you might see your photo on facebook or our video walls!



## GROW

### BRIDGE: Kids Only

Kids ages 9 to 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**

**GROW Member: Free**

Tues. 3 p.m. – 5 p.m.

Thurs. 3 p.m. – 5 p.m.

### C.H.A.T. Challenge

**June 11 – June 30**

**Instructor: Deb Dillon, MS, RD**

The C.H.A.T. (Creating Healthy Actions for Teens) Challenge includes four weeks of physical activity and nutrition education for high school students. The group gets active in MOVE and prepare healthy meals in RELISH. Includes healthy snacks. Participants who complete the challenge receive a six-month MOVE membership (\$370 value). Ages 14-18; payment plans available.

**Cost: \$120**

Tues. 12 p.m. – 2 p.m.

Thurs. 12 p.m. – 2 p.m.

### Five-Summits Challenge

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 25 for a list of rock climbing days and times.

**Cost: Free**

Sun. 11 a.m. – 1 p.m.

### HARVEST Transplant Day

This spring seeds were germinated for our PNC Bank-sponsored garden in HARVEST. Assist in transplanting seedlings in HARVEST so they can continue to flourish.

**Cost: Free**

Tues., June 16 6:30 p.m. – 7:30 p.m.

### Kid's Craft Night

Parents drop off kids in GROW for their normal two-hour visit, and add a craft kit to work on during their visit. Normal GROW rates apply.

June 17: Make a stepping stone

July 15: Paint a birdhouse

Aug. 19: Make a wind chime

**Cost: \$8 add-on**

### Parents' Great Escape

Parents ... drop off kids ages **3 to 12** and escape for an evening out while they have fun adventures. Supervised activities include arts and crafts, scavenger hunt, group games, rock wall (ages 6 and up) and more. Pre-registration required by Wednesday prior to event. Includes pizza dinner. Pick-up between 9 p.m. and 10 p.m.; kids under 6 must be picked up by 8:30 p.m.

**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., June 26 6 p.m. – 10 p.m.

Fri., Aug. 21 6 p.m. – 10 p.m.

## Sunflower Gardening Club

Kids meet at the GROW entrance to help “tend the gardens” at ALIVE. Assist with watering and harvesting plants in HARVEST, the community garden. (Sunflower Club will not be held if raining.) Ages 4 to 12.

**Cost: Free**

Tues.	6:30 p.m. – 7:30 p.m.
Thurs.	6:30 p.m. – 7:30 p.m.

## Tail Wagging Tutors

Kids read to Maggie, a certified therapy dog. Bring your own book to read or select one from the many books available ... Maggie loves them all. Pre-registration required for 20-minute time slots; call (517) 541-5803.

**Cost: Free**

Mon., June 8	5:30 p.m. – 6:30 p.m.
Mon., June 22	5:30 p.m. – 6:30 p.m.
Mon., July 6	5:30 p.m. – 6:30 p.m.
Mon., July 20	5:30 p.m. – 6:30 p.m.
Mon., Aug. 3	5:30 p.m. – 6:30 p.m.
Mon., Aug. 17	5:30 p.m. – 6:30 p.m.

## Tiny Tot Playgroup

Preschool children are welcome to play in SOAR. This non-facilitated time is great for running, playing and burning off energy. Parents must be present. Ages 0-5.

**Cost: Free**

Tues.	3 p.m. – 4 p.m.
Fri.	11 a.m. – 12 p.m.

## Summer Field Trips

**Create a unique experience for your daycare center or small children’s group with GROW’s Summer Field Trips.**

**AGE: 3 to 12 years old.**

**COST: \$3 – \$5 per person**

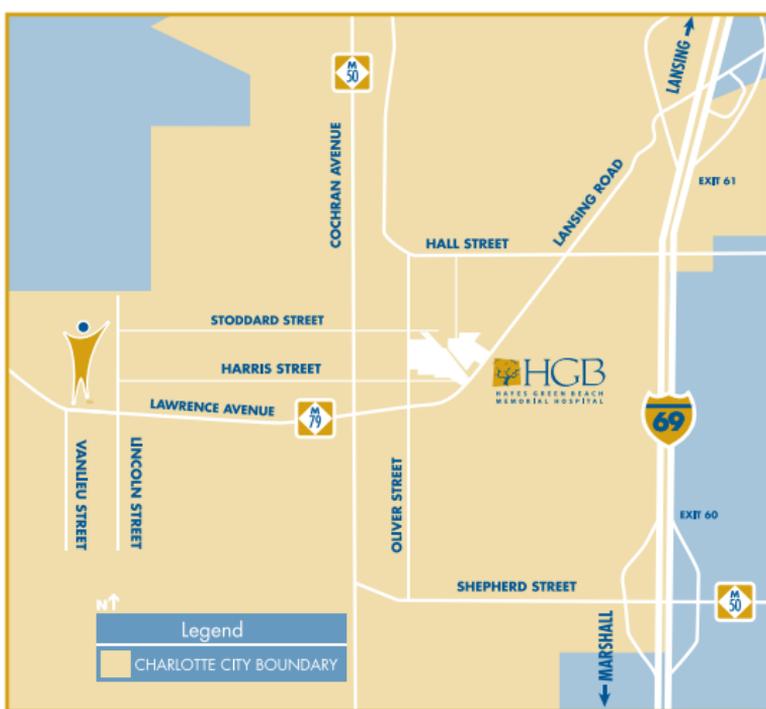
**Field trip options include:**

- GROW, which features a 36-foot tall tree house structure, an interactive rock and ropes course, and a virtual gaming system.
- SOAR, the multi-purpose gymnasium, which offers organized and facilitated games ranging from basketball, volleyball, dodgeball, floor hockey and interactive relays.
- ASCEND, the 24-foot rock climbing wall, which challenges the children with nine different routes.
- RELISH, the demonstration teaching kitchen, where groups can create and eat their own food.
- PRESERVE, the natural grassland area, which provides outdoor education experiences.



**Call (517) 541-5803  
for more information**





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