



SPRING PROGRAM GUIDE



Mar. 2, 2015 – May 31, 2015
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

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. 5:30 p.m. to 7:30 p.m.
Saturday	8 a.m. to 12 p.m.

Holidays

ALIVE will be closed:

- Easter: Sun., Apr. 5
- Memorial Day: Mon., May 25



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 (Cafe)	541-5815
FUSE (Medical Spa Services)	543-9575

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Executive Director
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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: Mar. 2 – Apr. 12**
- **Session 2: Apr. 13 – May 24**
- **Make-up: May 26 – May 31**

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 and receive the following benefits:

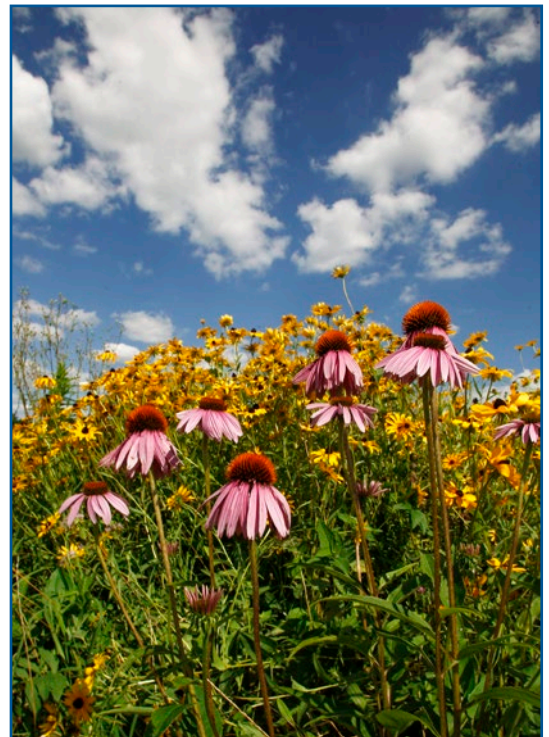
- Simplified check-in
- Customized experiences when receiving therapy or spa services
- Games, ebook readers, digital music players or balls available for check out
- Email notifications on new programs, classes and special events
- Participation in ALIVE programs
- Charge ALIVE purchases and services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



PRESERVE

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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JOURNEY

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PLAY in GROW

MAY: Enhance

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Cooking class in RELISH

Weekly Schedule

Mondays

- 5:30 a.m.–9 p.m. Indoor Walking
- 6 a.m.–7 a.m. CrossFit (HB)
- 9 a.m.–9:40 a.m. Tabata (KW)
- 9 a.m.–9:45 a.m. Group Cycling: Virtual Ride
- 9 a.m.–9:45 a.m. Pilates: Basic Matwork (EF)
- 9 a.m.–10 a.m. BRIDGE: Women-Only Workout
- 9 a.m.–10 a.m. CrossFit (EM)
- 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)
- 11 a.m.–11:50 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
- 3 p.m.–4 p.m. Basketball: Teen Drop-In
- 4 p.m.–5 p.m. Basketball: Open Shoot
- 4 p.m.–5 p.m. Rock Climbing
- 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. PiYo (AIP)
- 6:30 p.m.–7:15 p.m. Cardio Kickboxing (KS)
- 6:30 p.m.–7:15 p.m. Group Cycling: Spin & Sculpt (KaP)
- 6:30 p.m.–7:30 p.m. CrossFit (AM)
- 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. CrossFit (AM)
- 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
8 a.m.–8:45 a.m.	Strength & Stability (KK)
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)
10:30 a.m.–11:30 a.m.	Yoga: Restorative (ML)
11:15 a.m.–11:45 a.m.	Circuit Training (MF)
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)
1:30 p.m.–2:15 p.m.	Enhance® Fitness (AT)
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.	Tiny Tot Playgroup
3 p.m.–5 p.m.	BRIDGE: Kids Only
4:30 p.m.–5:30 p.m.	CrossFit (EM)
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)
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)
7:30 p.m.–8 p.m.	30-Minute Blast (TS)
7:30 p.m.–8:30 p.m.	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.–6:45 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.–9:40 a.m.	Tabata (CJ)
9 a.m.–9:45 a.m.	Pilates: Basic Matwork (EF)
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)
11 a.m.–11:50 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
3 p.m.–4 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:15 p.m.	Cardio Kickboxing (KS)
4:30 p.m.–5:15 p.m.	Group Cycling (KaP)
4:30 p.m.–5:30 p.m.	CrossFit (EM)
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.	Tabata (KW)
6 p.m.–7:45 p.m.	TOPS
6:30 p.m.–6:50 p.m.	Foam Roller (KW)
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.	CrossFit (EM)
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)
8 a.m.–8:45 a.m.	Strength & Stability (KK)
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 (MF)
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)
1:30 p.m.–2:15 p.m.	Enhance® Fitness (AP)
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.	30-Minute Blast (TS)
5:45 p.m.–6:45 p.m.	Yoga: Basic (AT)
6:30 p.m.–7:25 p.m.	POUND (KP)
6:30 p.m.–7:30 p.m.	CrossFit (EM)
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.–9 a.m.	Basketball: All Ages Drop-In
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.	CrossFit (JoC)
9 a.m.–10 a.m.	Yoga: Basic (JD)
10 a.m.–10:30 a.m.	Foam Roller (MF)
10 a.m.–10:45 a.m.	Enhance® Fitness (AP)
10 a.m.–10:45 a.m.	H.I.I.T. (KW)
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.	Body Sculpting (MB)
6 p.m.–7 p.m.	CrossFit (EM)
6:45 p.m.–7:30 p.m.	Basketball: Teen Drop-In

Saturdays

7 a.m.–8:30 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
8:10 a.m.–8:55 a.m.	Bootcamp (MB)
8:10 a.m.–8:55 a.m.	PiYo (AIP)
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.	CrossFit (AM)
9 a.m.–10 a.m.	Zumba (KP)
10 a.m.–10:45 a.m.	Strength & Stability (HK)
10:15 a.m.–11:15 a.m.	CrossFit (AM)
11 a.m.–12 p.m.	Basketball: Adult Drop-In
11:30 a.m.–12:30 p.m.	CrossFit (AM)
12 p.m.–1 p.m.	Basketball: Open Shoot
12 p.m.–1 p.m.	Rock Climbing
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
10:45 a.m.–12 p.m.	Basketball: All Ages Drop-In
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–1:45 p.m.	Bootcamp (TS)
3:30 p.m.–5 p.m.	Basketball: Adult Drop-In
3:30 p.m.–5 p.m.	Yoga: Vinyasa

Instructors

AD = Adam D.	JoC = John C.
AM = Alex M.	JD = Jennifer D.
AIP = Alicia P.	KK = Kim K.
AP = Amy P.	KaP = Kasey P.
AT = Amanda T.	KP = Kristin P.
CJ = Cheryl J.	KS = Kyla S.
CM = Courtney M.	KW = Kelsey W.
ED = Ellen D.	LB = Lisa B.
EF = Erin F.	MB = Matt B.
EM = Eric M.	MF = Miranda F.
ES = Elaine S.	ML = Martha L.
GR = Greg R.	MM = Morene M.
HB = Harvest B.	NH = Nick H.
HK = Heather K.	TS = Tom S.
JC = Jake C.	

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. 7:30 p.m. – 8 p.m.
Thurs.	5:45 a.m. – 6:15 a.m. 5:45 p.m. – 6:15 p.m.

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.**

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

Mon.	11 a.m. – 11:50 a.m.
Wed.	11 a.m. – 11:50 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.	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 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

Fri.	7 a.m. – 9 a.m.
Sat.	7 a.m. – 8:30 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.
Sat.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.

Basketball: Teen Drop-In

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

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

Mon.	3 p.m. – 4 p.m.
Wed.	3 p.m. – 4 p.m.
Fri.	3 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.
Fri. (Ages 9+)	5:45 p.m. – 6:30 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.
Sat.	8:10 a.m. – 8:55 a.m.
Sun.	1 p.m. – 1:45 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.
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.

Cardio Kickboxing (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.	6:30 p.m. – 7:15 p.m.
Wed.	4:30 p.m. – 5:30 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. *Discounts available for active law enforcement, firefighters, active or veteran military, EMS personnel and students.*

Cost: \$75/month
\$40/month (add'l family member)

MOVE Member: \$45/month
\$35/month (add'l family member)

Drop-in class: \$15/class (half off drop-in rate at 12 p.m. class)

See page 28 for days and times.

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.
Tues.	1:30 p.m. – 2:15 p.m.
Wed.	10 a.m. – 10:45 a.m.
Thurs.	1:30 p.m. – 2:15 p.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

Wed.	6:30 p.m. – 6:50 p.m.
Fri.	10 a.m. – 10:30 a.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. **Strongly recommended for all walkers.**

Cost: Free

Tues., Mar. 3	6 p.m. – 7 p.m.
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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.

H.I.I.T. (I, A)

High Intensity Interval Training alternates high-intensity intervals with active rest intervals.

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

Fri. 10 a.m. – 10:45 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 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.

Pickleball

Challenge a friend to this fun game that appeals to all ages. Call ahead to reserve court space – 60-minute maximum per reservation.

Ages 6 and up. Rules and instructions available.

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

Mon. 4 p.m. – 5 p.m.

Sat. 12 p.m. – 1 p.m.

Strength & Stability (B, I)

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

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

Tues. 8 a.m. – 8:45 a.m.

Thurs. 8 a.m. – 8:45 a.m.

Sat. 10 a.m. – 10:45 a.m.

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. – 9:40 a.m.
Wed.	9 a.m. – 9:40 a.m. 5:45 p.m. – 6:25 p.m.

Triathlon Training



Instructor: Todd Stanton
Mar. 30 - May 31

Join us as we train for the Hawk Island Triathlon Sunday, May 31. Classes will be at ALIVE and the Charlotte Aquatic Center. Orientation is Mon., March 30 and training schedules will be distributed. Triathlon registration fee not included.

Cost: \$45
MOVE Member: \$35

Wed.	5:30 p.m. – 6:30 p.m.
Sat.	10 a.m. – 11 a.m.

TRX/Kettlebell Combo (I, A)



Combines the body-weight training benefits of TRX with the strength and endurance of kettlebell training. For MOVE and CrossFit members only.

Cost: \$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.

Yoga on Tap



Instructors: Jennifer Davis and Nick Hardy

This isn't your traditional yoga class! Bring in your own beer to this casual, fun class.

Cost: \$10
MOVE Member: \$5

Fri., Apr. 17	6 p.m. – 8 p.m.
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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.
Sat.	9 a.m. – 10 a.m.

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.



Monday	6 a.m. – 7 a.m.
	9 a.m. – 10 a.m.
	12 p.m. – 1 p.m.
	6:30 p.m. – 7:30 p.m.
	7:30 p.m. – 8:30 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.
Wed. and Thurs.	7:30 p.m. – 8:30 p.m.
	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.
Friday	6:30 p.m. – 7:30 p.m.
	7:30 p.m. – 8:30 p.m.
	6 a.m. – 7 a.m.
	9 a.m. – 10 a.m.
	12 p.m. – 1 p.m.
Saturday	4:30 p.m. – 5:30 p.m.
	6 p.m. – 7 p.m.
	9 a.m. – 10 a.m.
	10:15 a.m. – 11:15 a.m.
	11:30 a.m. – 12:30 p.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.	9 a.m. – 9:45 a.m.
Wed.	9 a.m. – 9:45 a.m.



Pilates

PiYo (I, A)

A fusion of Pilates and yoga. Burn calories, tone muscles, work on balance and get a great stretch.

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

Mon.	5:45 p.m. – 6:25 p.m.
Wed.	5:45 a.m. – 6:45 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

Tues.	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

Tues.	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.
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Wed.	5:30 p.m. – 6:30 p.m.
Thurs. (Ages 9+)	4:30 p.m. – 5:30 p.m. 5:45 p.m. – 6:45 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 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.
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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.
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Yoga in DISCOVER

Yoga: Restorative (I)

Targeted to improve flexibility, strengthen the back and restore balance. Gentle poses focus on relaxation, healing and realigning the body.

**Option for Turning Point Program*

Cost: \$45/six-week session

MOVE Member: \$15/six-week session

Tues. 10:30 a.m. – 11:30 a.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.charlotteteyoga.net)

MOVE Member: \$5/year**

Sun. 3:30 p.m. – 5 p.m.

***Fees paid directly to Instructor Eric Spitzfaden*



REFLECT

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., Mar. 24 6:30 p.m. – 7:30 p.m.

Fri., May 15 6:30 p.m. – 7:30 p.m.

Chef's Table: Caribbean Delight

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy. Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Curry shrimp and scallops
- Zucchini and summer squash with bell peppers
- Basmati rice
- Surprise dessert

Cost: \$25

Fri., Mar. 27 6:30 p.m. – 7:30 p.m.



Cake Decorating

Chef's Table: Chinese

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.
Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Shrimp fried rice
- Vegetable egg rolls
- Potstickers
- Hot chai tea
- Surprise dessert

Cost: \$25

Wed., Apr. 15 6:30 p.m. – 7:30 p.m.

Chef's Table: Gumbo

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.
Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Shrimp and chicken sausage gumbo
- Crusty bread
- Surprise dessert

Cost: \$25

Wed., Apr. 29 6:30 p.m. – 7:30 p.m.

Chef's Table: Italian

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.
Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Shrimp in thin pasta with garlic pesto sauce
- Fresh mixed vegetables
- Surprise dessert

Cost: \$25

Wed., May 6 6:30 p.m. – 7:30 p.m.

Chef's Table: Roasted Chicken

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.
Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Garlic-roasted chicken
- White wine saffron rice
- Fresh mixed vegetables
- Surprise dessert

Cost: \$25

Wed., Apr. 1 6:30 p.m. – 7:30 p.m.

Chef's Table: Salmon

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy.
Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Honey maple-glazed salmon
- Parsley herb provence jasmine rice
- Fresh mixed vegetables
- Surprise dessert

Cost: \$25

Wed., Mar. 4 6:30 p.m. – 7:30 p.m.



Chef's Table

Chef's Table: Surf & Turf

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy. Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Lobster tail and filet mignon
- Ginger honey-glazed carrots with green peas
- Garlic red skin potatoes
- Surprise dessert

Cost: \$35

Wed., Mar. 18 6:30 p.m. – 7:30 p.m.

Chef's Table: Whitefish

Chef Richard Taylor

Chef prepares a delicious meal for you to enjoy. Bring your favorite beer or wine. Dinner includes:

- Mixed-greens salad
- Pecan-encrusted whitefish
- Fresh green beans
- Garlic mashed potatoes
- Surprise dessert

Cost: \$25

Wed., May 20 6:30 p.m. – 7:30 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., Mar. 19 6 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

Thurs., Apr. 16 6 p.m. – 7:30 p.m.

Thurs., May 21 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

Mar. 28 (Feta) 9 a.m. – 12 p.m.

Apr. 4 (Invent a cheese) 9 a.m. – 12 p.m.

May 16 (Mozzarella) 9 a.m. – 12 p.m.

Cuban Cooking (V)

Chef Karen Cross

Cuban food is rich in spice and history. Learn how to create a delicious Cuban rice and bean bowl with spiced vegetables.

Cost: \$25

Wed., Apr. 8 6:30 p.m. – 7:30 p.m.

Gluten-Free Baking (GF, V)

Chef Brooke LaFore

Learn how to properly clean kitchen surfaces to create a completely gluten-free environment. Then, create naturally gluten-free monster cookie bars and sandwich bread.

Cost: \$20

Sat., Apr. 11 12 p.m. – 1 p.m.



Cooking with Kids

Gluten-Free Cooking (GF)

Instructor: Deb Dillon, MS, RD

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

Cost: \$20

Fri., Mar. 20 6:30 p.m. – 7:30 p.m.

Healthy Barbecue (V)

Chef Karen Cross

With summer comes fun barbecues. Create healthy vegan pulled pork and a rainbow coleslaw salad.

Cost: \$25

Wed., May 27 6:30 p.m. – 7:30 p.m.

Healthy Heart Cooking

Instructor: Deb Dillon, MS, RD

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

Cost: \$20

Tues., Apr. 21 12 p.m. – 1 p.m.

Mediterranean Grape Leaves (V)

Chef Karen Cross

Create delicious vegan-stuffed grape leaves with homemade hummus and a detox tabouli salad.

Cost: \$25

Wed., Mar 11 6:30 p.m. – 7:30 p.m.

V = vegetarian, GF = gluten-free

Mediterranean Lentil Soup (V)

Chef Karen Cross

Make delicious Mediterranean lentil soup with a Greek chopped salad, plus pita bread with toom.

Cost: \$25

Wed., May 13 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. Create delicious dishes the entire family will enjoy.

Cost: \$20

Thurs., Mar. 5 6:30 p.m. – 7:30 p.m.

Sushi Roll & Go

Instructor: Patrick Sustrich

During your lunch hour learn how to roll a Philadelphia and California roll. Eat in or take it to go. A great option for a healthy lunch. All supplies provided. Beverage included.

Cost: \$10 per class

Thurs., Mar. 5 12 p.m. – 1 p.m.

Thurs., Apr. 2 12 p.m. – 1 p.m.

Thurs., May 7 12 p.m. – 1 p.m.

Vegan Mexican Cooking (V)

Chef Karen Cross

Taste healthier versions of popular Mexican dishes. Learn how to create delicious vegan enchiladas and refried beans.

Cost: \$25

Wed., Mar 25 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., Mar. 17	6:30 p.m. – 7:45 p.m.
Tues., Apr. 21	6:30 p.m. – 7:45 p.m.
Tues., May 19	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., Mar. 16	6:30 p.m. – 7:45 p.m.
Mon., Apr. 20	6:30 p.m. – 7:45 p.m.
Mon., May 18	6:30 p.m. – 7:45 p.m.

Diabetes Support Group

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

Cost: Free

Thurs., Mar. 26	6:30 p.m. – 8 p.m.
Thurs., Apr. 23	6:30 p.m. – 8 p.m.
Thurs., May 21	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) 541-5812 to register.

Cost: Free

Fitness: Mon. & Wed.	10 a.m. – 10:45 a.m.
Yoga: Tues.	10:30 a.m. – 11:30 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 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 will help answer questions about breast health, genetics, breast cancer screenings and diagnostic testing.

Cost: Free

Wed., Apr. 22	1 p.m. – 2 p.m.
Tues., May 12	6 p.m. – 7 p.m.

Creative Cafe

Facilitator: Barbara Fulton, PhD

These special leadership sessions transform RELISH into the "Creative Cafe" where the group "cooks up" ideas about the seven elements of healthy communities. The strategic sessions are for those interested in place making. Join discussions about building a vibrant community. Lunch included.

Cost: \$5

Wed., Mar. 4	12 p.m. – 1 p.m.
Wed., Apr. 1	12 p.m. – 1 p.m.
Wed., May 6	12 p.m. – 1 p.m.

Darkness to Light

Instructor: Katelynn Moffatt

For adults wanting to learn more about Darkness to Light core principles for preventing,

recognizing and reacting to child sexual abuse. Uses a practical five-step approach to prevention and responses that enable adults to protect the children in their lives and youth-serving organizations. Pre-registration required; call (517) 231-1691.

Cost: Free

Tues., Mar. 10 6 p.m. – 8 p.m.

Functional Movement Screen Seminar

Speakers: Miranda Moncada-Sullivan, PT, DPT & Derek Sanders, LAT/ATC

A Functional Movement Screen has seven tests to assess movement patterns. Faulty movement patterns can cause mechanical stress, leading to injury. FMS identifies deficits in flexibility, balance and strength, and can predict risk for future injuries. Educational presentation with a brief interactive demonstration. Pre-registration required; call (517) 543-9575.

Cost: Free

Thurs., May 21 6:30 p.m. – 7:30 p.m.

CrossFit Information Seminar

Speaker: Eric McGill

Learn about CrossFit and its benefits during a free seminar; includes Q & A and the opportunity to observe part of a CrossFit class.

Cost: Free

Sat., Mar. 7	9:30 a.m. – 10:30 a.m.
Sat., Apr. 4	9:30 a.m. – 10:30 a.m.
Sat., May 2	9:30 a.m. – 10:30 a.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) 543-9575.

Cost: Free

Thurs., Mar. 19	5 p.m. – 6 p.m.
Thurs., Apr. 16	5 p.m. – 6 p.m.
Thurs., May 21	5 p.m. – 6 p.m.

Lunch & Learn: Microdermabrasion

Instructor: Angela Noble

ALIVE offers a new spa service called microdermabrasion, a quick and painless way to accelerate skin exfoliation and speed up the production of new skin cells. It is also great for scars and fine lines. Come learn how microdermabrasion can help your skin; includes lunch.

Cost: Free

Wed., Mar. 18	11:30 p.m. – 1 p.m.
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Physician Lecture: Pelvic Floor Disorder

Instructor: Dr. Eric Stockall

Join Dr. Stockall for an educational discussion on pelvic floor disorder and urinary incontinence. Learn what treatments are available and how to discuss issues with your primary care physician.

Cost: Free

Wed., April 22	6:30 p.m. – 7:30 p.m.
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Stroke Lunch & Learn Presentation

This interactive, educational opportunity is in honor of National Stroke Awareness Month. The event hosted by Hayes Green Beach and Sparrow Health System will feature a physician presentation and include lunch. Pre-registration required; call (517) 543-9575.

Cost: Free

Wed., May 20	11:30 a.m. – 1 p.m.
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Chicago Shopping Trip

Grab your girlfriends (ages 18+) and enjoy a day of shopping ... Chicago style! Travel comfortably on a chartered bus, then experience the multiple retail stores, restaurants and entertainment options along the Magnificent Mile.

Pre-registration required by Friday, April 3; call 517-543-1050, ext. 1701.

Cost: \$55

Jern Member: **\$50**

Thurs., May 21	7:45 a.m. – 10 p.m.
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Physician Lecture Series

GROW

BRIDGE: Kids Only

Kids ages 9 to 12 can use the cardio equipment and weight circuit in BRIDGE independently. Must complete trainer orientation.

Craft Cost: \$4
GROW Member: Free

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

Family Kite Flying Day

Enjoy an afternoon of family fun, kite flying and lemonade. Bring your own kite and meet at the Floyd Jewell Memorial in front of ALIVE. Weather permitting.

Cost: Free

Sat., May 16	1 p.m. – 3 p.m.
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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

Flower Pot Decorating

Be creative and decorate a flower pot. Class materials provided and include a terra cotta pot, paints, soil and a live plant. Ages 6 to 12.

Cost: \$8
GROW Member: \$5

Tues., May 19	6:30 p.m. – 7:30 p.m.
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Impression 5's Building Stuff

Instructor: Impression 5 Staff

Come play with a Giant Jenga to explore the forces of building! Challenge yourself to use different materials, and become an engineering expert in this hands-on workshop that will have you building all morning long. Ages 6 and up.

Cost: \$10 per child

Sat., Mar. 14	10 a.m. – 11:30 a.m.
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Impression 5's Moon & Stars

Instructor: Impression 5 Staff

Explore moon phases by creating an edible moon phase chart. Then, create artistic space art to explore the universe and all its wonders. Ages 6 and up.

Cost: \$10 per child

Sat., Apr. 25	10 a.m. – 11:30 a.m.
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Five-Summits Challenge T-Shirt

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. Check out ALIVE's RELISH programs offered these days.

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., Mar. 27 6 p.m. – 10 p.m.

Fri., May 15 6 p.m. – 10 p.m.

PNC Garden Starter Workshop

Through the generous funding of PNC Bank's Grow Up Great Program, children are welcome to join and help plant seeds in HARVEST. If you like to play in the dirt, this one's for you. Ages 3 to 12.

Cost: Free

Thurs., Apr. 16 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.

Cost: Free

Mon., Mar. 2 4:30 p.m. – 5:30 p.m.

Mon., Mar. 16 4:30 p.m. – 5:30 p.m.

Mon., Mar. 30 4:30 p.m. – 5:30 p.m.

Mon., Apr. 13 4:30 p.m. – 5:30 p.m.

Mon., Apr. 27 4:30 p.m. – 5:30 p.m.

Mon., May 11 4:30 p.m. – 5:30 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.

SPRING BREAK FUN

ALIVE is the perfect destination for spring break 2015! Come to ALIVE each afternoon for special, fun activities April 6 through April 10.

Monday – Friday: Play in Grow
1 p.m. - 3 p.m.

Cost: \$4
MOVE Member: \$3
GROW Member: Free

Tues., April 7: Snacks in RELISH
1:30 p.m. - 2:30 p.m.

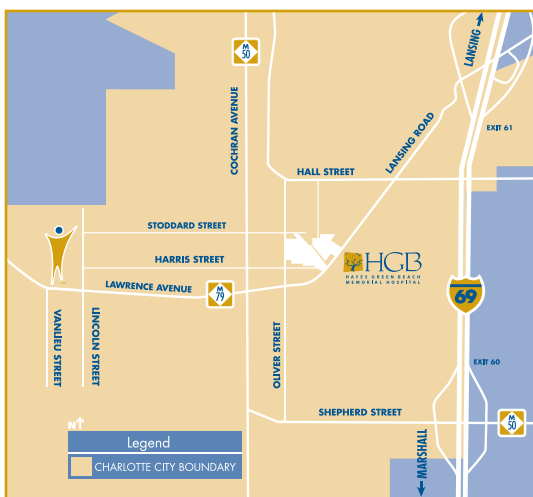
Cost: \$5 per person

Thurs., April 9: Rock climbing
1:30 p.m. - 2:30 p.m.

Cost: FREE

Notes

Notes



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