

JUNE ALIVE HAPPENINGS

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Be inspired here, with us.



Join this 1st annual event - Yoga or Fun Run!

OR just come on out for the FREEBIES at our 8th annual Father's Day Event!

Register now or join us for our 8th annual Father's Day Family Health Event at ALIVE for numerous FREE offerings!



NOT A RUNNER?

Participate in Yoga on the Lawn.
Same price, same perks! Still supports a great, local cause!

Join us for the 1st Annual
FROSTY MUG FUN RUN / YOGA ON THE LAWN
10AM SATURDAY, JUNE 15, 2019
\$25 by or before June 14 | \$30 day-of

All proceeds benefit Friends of Beach Market. All participants of the run or yoga receive complimentary, commemorative mug good for one fill of CBC beer (includes root beer) with option of Mooville Ice Cream.
Race takes place at ALIVE in Charlotte, MI.

Sign up now by searching "Frosty Mug" on RunSignUp.com.

SPONSORED BY:



Stick around after & check out all of the other FREE elements of the 8th Annual Father's Day Family Health Event at ALIVE on Saturday June 15th! • Beer • Food • Music • Family Fun •



Interactive Event in Honor of National Men's Health Month



Saturday, June 15

Father's Day Family Health Event

10 a.m. ~ 2 p.m.

Free, family-friendly activities include:

10 a.m. to 11 a.m.

- Frosty Mug Fun Run and Yoga on the Lawn
In support of Beach Market

10 a.m. to 2 p.m.

- Playmakers' Satellite Store
- Beer tasting by Charlotte Brewing Company
- Chair massages
- Dad Olympics by Kositchek's
- Dental health information
- Diabetes – educational and interactive activities
- Door prizes

- Golf swing analysis by Maple Brook Golf Club
- Health screenings and information
- ImPACT concussion testing
- Playmakers' Strengthen, Stretch and Roll class at 11 a.m.
- Putting contest
- Robotic surgical system demo
- Summer cookout including MooVie Ice Cream

Children's activities:

- Crafts
- Face painting
- HG Bee
- Inflatable obstacle course
- StoryWalk®



ALIVE.
Your Community Well-Being Place

Find more information at myalive.com or call **517.541.5800**.

800 W. Lawrence Ave.
Charlotte, MI 48813

Thanks to our event sponsors!



Try this NEW class, coming up Friday!

It's so fun it won't even feel like exercise!

Register now by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.



Hip Hop Step

Mix fitness and hip hop with a step to work quads, glutes and core in this funky spin on a traditional favorite!

Friday, June 7 6-7:30PM

Cost: \$12/class
MOVE Member: \$10/class

Join this FREE offering; prevention before intervention.

To register, call (517) 541-5800, opt. 1 or through the MyAlive mobile app.

Professional Speaker Series:

Breast Cancer Awareness, Prevention & Treatment

Learn current, up-to-date treatment options and prevention for yourself or a loved one!

Light refreshments provided; call (517) 541-5800, opt. 1 to register.

Wed., Nov. 7 11:30 AM – 1 PM, FREE Presenter: Dr. Troy Ferguson, D.O.



ALIVE
800 W Lawrence Ave., Charlotte, MI 48813
myalive.com | (517) 541-5800

Book a facial in FUSE this month & get more!

To book your next spa appointment, call us at (517) 541-5886.

FUSE
Spa at ALIVE



JUNE SPECIAL

Purchase a 60 minute facial and receive a FREE facial waxing!
\$12 Value. No additional discounts apply.

ALIVE 800 W. Lawrence Ave., Charlotte, NC 28213
 myalive.com | (517) 541-5800

Register now for ALIVE's summer cooking classes!

Register for an upcoming RELISH class at ALIVE by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.

Summer RELISH Events

June 20	Clean Eating Lunch: Italian (<i>Faux Pasta</i>)
July 11	Heart Healthy Cooking <i>Rx</i>
July 17	Plant-Based Cookout <i>Rx</i>
July 18	Easy Instant Pot Cooking <i>Rx</i>
July 22	Taste of the World Youth Culinary School Begins
Aug. 5	Taste of the World Youth Culinary School Begins
Aug. 7	Moroccan Cooking
Aug. 8	Culinary Medicine: Digestive Health <i>Rx</i>
Aug. 29	Clean Eating Lunch: Garden to Grill <i>Rx</i>

Attention Parents!

Note these fabulous summer opportunities for youth!

Register now by calling (517) 541-5800, opt. 1 or through the MyAlive mobile app.



**ALIVE's
2019
Summer Mini Camps**

WHO: Ages 2.5 – 7 years old

WHAT: 4-day, 2-hr interactive camps

WHERE: ALIVE 800 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

COST (Per Camp): \$65
\$55 per add'l child
(same household)

Call (517) 541-5800 opt. 1
to register!

Mon – Thurs., June 24-27 1-3PM

Come Create With Me

Explore the joy of freedom in expressing yourself through art! Paint, create, dance, draw and sing!

Mon – Thurs., July 8 – 11 1-3PM

Come Explore With Me

Get ready to put on lab coat and goggles, and mix up something fun! Explore and more, putting curiosity, intuition and brain power to the test.

Mon – Thurs., July 15 – 18 1-3PM

Come Stir Up Fun With Me

Become a mini chef-in-the-making in this hands-on cooking camp for littles. Put on a chef's hat and apron and create fun new treats!

Mon – Thurs., July 22 – 25 1-3PM

Come Play With Me

Become a mini chef-in-the-making in this hands-on cooking camp for littles. Put on a chef's hat and apron and create fun new treats!

Mon – Thurs., July 29 – Aug 1 1-3PM

Come Make Music With Me

Get ready to make music in the form of recorders, string instruments, percussion and song. Includes musical instruction, exposure and collaboration!





**TASTE OF THE WORLD
Youth
CULINARY
School**

- Make meals featuring cuisine from Greece, Mexico, Italy, and America!
- Hand-pick fresh ingredients from HARVEST (our community garden)!
- Become a "Junior Sous Chef" & assist our dietitians at a future cooking class of choice!



800 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

Calling all aspiring chefs ages 9+

Cost: \$100 per session

Mon. - Thurs., July 22-25 11AM-1PM

Mon. - Thurs., Aug. 5-8 11AM-1PM

Space is limited, call 517-541-5800, opt. 1 to register!



800 W. Lawrence Ave., Charlotte, NC 28213
myalive.com | (517) 541-5800

CHARLOTTE AREA SPORTS PERFORMANCE TRAINING

ALIVE is excited to offer a special off-season sports performance, strength & conditioning program for area youth!

WHO: Youth, ages 12-18 years of age.

WHAT: Learn the fundamental movements of the ten domains of fitness— all essential for excelling in sports with instructor, Eric McGill!

WHERE: CrossFit Fade (inside ALIVE)

WHEN: June 17 – August 16, 2019 (9 weeks, 27 sessions)
Mondays, Wednesdays & Fridays, 10AM-12:30PM

COST: \$225/nine-week session
\$150/ per additional child (same household)

MOVE MEMBER PRICING: \$210/nine-week session
\$135/per additional child (same household)

