



## Area Wellness and Exercise Resources

Salvation Army (TC)	Open gym and activities	(231) 946-4644	<a href="http://www.satraversecity.org">www.satraversecity.org</a>
Yoga for Health (TC)	Free yoga classes for children 6-13	(231) 922-9642	<a href="http://www.yogaforhealthtc.com">www.yogaforhealthtc.com</a>
Great Wolf Lodge (TC)	Children under two considered free	(231) 941-3600	<a href="http://www.greatwolf.com">www.greatwolf.com</a>
Traverse Area Public Schools (TC)	Summer adventure day camps	(231) 933-1700	<a href="http://www.tcaps.net/summerprograms">www.tcaps.net/summerprograms</a>
Boys and Girls Club (TC)	Various activities offered	(231) 941-2303	<a href="http://www.bgca.org">www.bgca.org</a>
Mill Creek School (Williamsburg)	Free work-out sessions T. & TH. 6:15-7:00pm	(231) 267-9198	<a href="http://www.erschools.com">www.erschools.com</a>
Hickory Meadows (TC)	117 acres w/trails and a groomed ski trail	2000 Randolph St.	
Easling Public Pool (TC)	Free lap swim and classes	(231) 922-4814	<a href="http://www.co.grand-traverse.mi.us">www.co.grand-traverse.mi.us</a>
Girls on the Run (TC)	3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> grade girls/spring	(231) 933-1700	<a href="http://www.tcaps.net">www.tcaps.net</a>
Active for Life (TC) Traverse City Senior Center	Strength training chair exercises (free)	(231) 922-4911	<a href="http://www.tcseniorcenter.com">www.tcseniorcenter.com</a>
You Can Exercise class (TC)	Low-impact exercise	(231) 922-4911	<a href="http://www.tcseniorcenter.com">www.tcseniorcenter.com</a>
Water Exercise/Aerobics (Kalkaska County)	\$4 resident/\$5 Non-resident	(231) 258-5913	<a href="http://www.kaliseum.com">www.kaliseum.com</a>
Leelanau Trail (TC)	Walking, biking, and running	(231) 941-4300	<a href="http://www.traversetrails.org">www.traversetrails.org</a>
Muncie Lake Pathway (TC)	11.5 mile groomed hike and bike trail	(231) 922-5280	<a href="http://www.michigan.org">www.michigan.org</a>
Grand Traverse County Civic Center (TC)	Paths, pool, kids play structure	(231) 922-4818	<a href="http://www.co.grand-traverse.mi.us">www.co.grand-traverse.mi.us</a>
Cherry Capital Cycling Club (TC)	All levels welcome		<a href="http://www.cherrycapitalcyclingclub.org">www.cherrycapitalcyclingclub.org</a>
Tai Chi on the Beach Front (TC)	Chinese art of low impact exercise \$2 members/\$3 non-members	Every Wed. beginning in June	
Traverse City Track Club (TC)	Running and race-walking		<a href="http://www.tctrackclub.com">www.tctrackclub.com</a>

Otsego County Community Center (Gaylord)	Athletic leagues & classes	(989) 731-3546	<a href="http://www.otsegocounyparksrec.com">www.otsegocounyparksrec.com</a>
Otsego County Sportsplex (Gaylord)	Health, wellness, recreational opportunities	(989) 731-3546	<a href="http://www.ocsportsplex.com">www.ocsportsplex.com</a>
Hanson Hills Recreation Area (Grayling)	Sports for all ages	(888) 876-2196	<a href="http://www.hansonhills.org">www.hansonhills.org</a>
Pine Baron Pathway (Gaylord)	Walking and hiking		<a href="http://www.michigan.org">www.michigan.org</a>
Treetops Resort (Gaylord)	Skiing, snowboarding	(888) 873-3867	<a href="http://www.info@treetopsgolfresort.com">www.info@treetopsgolfresort.com</a>
YMCA of Northern Michigan	Classes for all ages	(231) 348-8393	<a href="http://www.ymcanm.org">www.ymcanm.org</a>
North Central Michigan College Natural Area (Petoskey)	200 acre natural area/ trails	(231) 348-6812	<a href="http://www.ncmich.edu">www.ncmich.edu</a>
Petoskey Winter Sports Park (Petoskey)	Skiing, skating, sledding	(231) 347-2311	<a href="http://www.petoskey.us/departments/parks">www.petoskey.us/departments/parks</a>
Petoskey State Park (Petoskey)	Hiking, cross country skiing	(231) 347-22311	<a href="http://www.michigandnr.com">www.michigandnr.com</a>
Powerhouse Gym (Gaylord)	Full fitness center	(989) 732-0744	<a href="http://www.gaylordsgym.com">www.gaylordsgym.com</a>
West Shore Recreation Center (Scottville)	Leisure/fitness activities	(231) 845-6522	<a href="http://www.westshorerecreation.com">www.westshorerecreation.com</a>
Yoga Fitness Center (Manistee)	Classes	(231) 398-9620	<a href="http://www.yogainmanistee.com">www.yogainmanistee.com</a>
West Shore Health Connection (Manistee)	Gym membership/classes	(231) 398-1520	<a href="http://www.westshoremecenter.org">www.westshoremecenter.org</a>
Manistee's Riverwalk (Manistee)	1.5 mile Riverwalk		<a href="http://www.manisteeriverwalk.com">www.manisteeriverwalk.com</a>
Harbor Village Fitness Center (Manistee)	Cardio/Strength training	(231) 887-4568	
Jazzercise Manistee	60 minute class	(866) 670-4541	<a href="http://www.icl.jazzercise.com">www.icl.jazzercise.com</a>

Pine River Paddlesports Center (Wellston)	Canoes/kayaks/rafts	(231) 862-3471	<a href="http://www.thepineriver.com">www.thepineriver.com</a>
Cadillac Area YMCA (Cadillac)	Programs for all ages	(231) 775-3369	<a href="mailto:www.info@cadillacareaymca.org">www.info@cadillacareaymca.org</a>
Cadillac Area YMCA Teen Center (Cadillac)	Various activities	(231) 775-3369	<a href="mailto:www.info@cadillacareaymca.org">www.info@cadillacareaymca.org</a>
Fred Meijer White Pine Trail State Park (Cadillac)	92 miles of trails	(231) 775-7911	<a href="http://www.whitepinetrail.com">www.whitepinetrail.com</a>
Cadillac Area Running Club	Intermediate to advanced runners	(231) 775-7391	<a href="mailto:dawade@michiweb.net">dawade@michiweb.net</a>
Pine Grove Athletic Club (Cadillac)	Variety of options	(231) 775-9908	<a href="http://www.pinegroveathleticclub.com">www.pinegroveathleticclub.com</a>
Better Bodies Health and Fitness (Cadillac)	Variety of options & classes	(231) 775-3300	<a href="http://www.betterbodieshealthandfitness.com">www.betterbodieshealthandfitness.com</a>
Anytime Fitness (Cadillac)	24 hr. gym offerings	(231) 846-2027	<a href="http://www.anytimefitness.com">www.anytimefitness.com</a>
Wexford Civic Center Ice Arena (Cadillac)	Lessons and open skate time	(231) 779-9520	<a href="http://www.thewex.com">www.thewex.com</a>
The River, Clinch Park (TC)	Rentals, fitness classes, eco tours (summer)	(231) 883-1413	<a href="mailto:www.mike@therivertc.com">www.mike@therivertc.com</a>
Suttons Bay Bikes (Suttons Bay)	Paddleboard, bike, ski, snow shoe rentals	(231) 421-6815	<a href="mailto:www.info@grantraversebiketours.com">www.info@grantraversebiketours.com</a>
Sleeping Bear Dunes (Empire)	Free snow-shoe guided tours Saturdays 1:00pm	(231) 326-5134	<a href="http://www.sleepingbeardunes.com">www.sleepingbeardunes.com</a>
Provemont Community Center (Lake Leelanau)	Yoga, Zumba, kid's dance, Aikido classes	(231) 256-9000	<a href="http://www.provemontcenter.com">www.provemontcenter.com</a>
Senior Center Network (TC, Interlochen, Fife Lake, Kingsley, Acme)	Programs, services, activities, events	(231) 922-4911	<a href="mailto:www.lwells@grandtraverse.org">www.lwells@grandtraverse.org</a>
Kids Bowl Free	Kids bowl free all summer	(231) 047-2610 Lucky Jack's (TC)	<a href="http://www.kidsbowlfree.com">www.kidsbowlfree.com</a>