

Exercise & Wellness Resources

**KEY:**

Purple = Trails for All

Orange = All Ages

Green = Kids & Youth

Silver = Senior

TRAILS FOR ALL	Location	Activities Available	Contact	Website
Grass River Natural Area	Bellaire	Grass River trails open seven days/week from dawn-dusk. Guided hikes available. Various nature classes. Kids classes.	(231) 533-8576	<a href="http://www.grassriver.org">www.grassriver.org</a>
Grass River Natural Area	Bellaire	Grass River trails open seven days/week from dawn-dusk. Guided hikes available. Various nature classes. Kids classes.	(231) 533-8576	<a href="http://www.grassriver.org">www.grassriver.org</a>
Sleeping Bear Heritage Trail	Empire	20 miles end to end, including 3-mile route on road thru Glen Arbor. Within 'Dunes National Lakeshore & Glen Arbor and Empire	(231) 941-4300	<a href="http://traversetrails.org/trail/sleeping-bear-heritage-trail">http://traversetrails.org/trail/sleeping-bear-heritage-trail</a>
Pine Baron Pathway	Gaylord	8.75 (14km) mile groomed ski, hike, bike trail. Some small hills. Recreation passport required for park entry	(989) 732-3541 DNR Gaylord Operation Service Center	<a href="http://www.michigandnr.com/parksandtrails/details.aspx?id=44&amp;type=SFPW">www.michigandnr.com/parksandtrails/details.aspx?id=44&amp;type=SFPW</a>
Interlochen Senior Center - Golden Fellowship Hall	Interlochen	Strong Bones & Balance Exercise (exercise classes)	(231) 922-4911	<a href="http://www.grandtraverse.org/712/Senior-Centers">http://www.grandtraverse.org/712/Senior-Centers</a>
Kingsley Senior Center - The Rock	Kingsley	Wii Bowling (simulated video game bowling)	(231) 922-4911	<a href="http://www.grandtraverse.org/712/Senior-Centers">http://www.grandtraverse.org/712/Senior-Centers</a>
Leelanau Conservancy	Leelanau County (multiple listings)	More than 13,000 acres of preservation land and 25 Natural Areas for public enjoyment with more than 15 miles of hiking trails.	(231) 256-9665	<a href="http://leelanauconservancy.org/">http://leelanauconservancy.org/</a>
Manistee Riverwalk	Manistee	1.5-mile walk beginning at Jones Street. Wheelchair accessible. Historical markers.	(231) 723-7132	<a href="http://www.manisteeriverwalk.com">www.manisteeriverwalk.com</a>
Big Brothers Big Sisters of Northwestern Michigan - Petoskey	Petoskey	Mentorship opportunities for qualifying kids age 6-12 yrs. from Charlevoix and Emmet counties	(231) 313-7323	<a href="http://www.bigsupnorth.com">www.bigsupnorth.com</a>
Leelanau Trail	Suttons Bay	17-miles, paved off-road connection between TC and Suttons Bay. Runs through former railroad corridors, forests, farms, vineyards, nearby waters.	(231) 941-4300	<a href="http://traversetrails.org/trail/leelanau-trail/">http://traversetrails.org/trail/leelanau-trail/</a>
Grand Traverse Conservation District - Parklands	Traverse City	Seven parklands open to the public. Maintained walking and skiing trails & some sledding hills.	(231) 941-0960	<a href="http://www.natureiscalling.org/explore/parklands">www.natureiscalling.org/explore/parklands</a>
Grand Traverse Regional Land Conservancy	Traverse City	Lands protected, owned and managed by GTRLC. Visitors can expect to experience similar signage, interpretive maps and kiosks. Select the "Recreation + Events" tab on their homepage to see an interactive trail map.	231-929-7911 888-929-3866 (toll-free)	<a href="https://www.gtrlc.org/">https://www.gtrlc.org/</a>
Maple Bay Park & Natural Area	Traverse City	2-mile trail (roundtrip) descends a bluff steeply to dune zones, home to many endangered plant species.	(231) 922-4818 GT County Parks & Rec Dept.	<a href="http://www.co.grand-traverse.mi.us/Facilities/Facility/Details/Maple-Bay-Park-Natural-Area-5">www.co.grand-traverse.mi.us/Facilities/Facility/Details/Maple-Bay-Park-Natural-Area-5</a>
TART Trails	Traverse City	Eight TC trails of varying scenery and path types	(231) 941-4300	<a href="http://traversetrails.org/trails">http://traversetrails.org/trails</a>
Muncie Lake Pathway	Traverse City	11.5 mile, groomed ski, hike, bike trail. Five loops in trail. Marked and groomed for novice skiers. Trail maps available.	(231) 922-5280 DNR TC Operation Service Center	<a href="http://www.michigandnr.com/parksandtrails/details.aspx?id=64&amp;type=SFPW">www.michigandnr.com/parksandtrails/details.aspx?id=64&amp;type=SFPW</a>
ALL AGES	Location	Activities Available	Contact	Website
Otsego County Community Center	Gaylord	Athletic leagues & classes	(989) 731-6521	<a href="http://www.otsegocounyparksrec.com">www.otsegocounyparksrec.com</a>
Otsego County Sportsplex	Gaylord	Pool, Karate, Yoga, Spinning, Cardio Drumming, Pickleball	(989) 731-3546	<a href="http://www.ocsportsplex.com">www.ocsportsplex.com</a>
Treetops Resort	Gaylord	Skiing, snowboarding, snowshoeing, fat tire biking	(866) 348-5249	<a href="http://www.treetops.com">www.treetops.com</a>
Hanson Hill Recreation Area	Grayling	Sports for all ages. Downhill skiing lessons (3rd-4th grades), K-5 running and kayak/canoing clubs, K-5 football cheer, mountain biking/fat bike (winter)	(989) 348-9266	<a href="http://www.hansonhills.org/home.html">www.hansonhills.org/home.html</a>
Kalkaska Kaliseum Recreation Complex	Kalkaska	Pool: lap, open, and family swim, Aqua Fitness hour (stretching, cardio and muscular conditioning)	(231)258-5913	<a href="http://www.kaliseum.org/pool">www.kaliseum.org/pool</a>
Yoga Fitness Center	Manistee	Individual or group Yoga sessions for all levels of experience	(231) 348-9620	<a href="http://www.yogainmanistee.com">www.yogainmanistee.com</a>
Health Connection Fitness Center	Manistee	Group fitness classes available with membership or punch card (kickboxing, circuit training, senior fitness, and aerobics courses. Specialty classes: Yoga, Pilates, and aqua aerobic.)	(231) 398-1520	<a href="http://www.munsonhealthcare.org/healthconnection">www.munsonhealthcare.org/healthconnection</a>
Paine Aquatic Center	Manistee	Community Pool	231-723-1522	<a href="https://sites.google.com/a/manistee.org/pool/">https://sites.google.com/a/manistee.org/pool/</a>
East Creek Reserve	Mayfield	560-acre reserve maintained for hiking, skiing, snowshoeing and more	(231) 941-0960	<a href="http://www.natureiscalling.org/parkland/clk-creek-reserve">www.natureiscalling.org/parkland/clk-creek-reserve</a>
Natural Area of North Central Michigan College	Petoskey	195 acres of relatively wild land to explore: forest, fields, streams and wetlands.	(888) 298-6605	<a href="http://www.ncmich.edu/community-events/natural-area.html">www.ncmich.edu/community-events/natural-area.html</a>
Winter Sports Park of Petoskey	Petoskey	Sledding, ice skating, hockey, curling and skiing or snowboarding. Three informal basketball hoops, Summer camps, Tee Ball.	(231)347-1252 Winter 231-347-2500 Summer	<a href="http://www.petoskey.us/departments/parks-a-recreation/community-parks/winter-sports-park">www.petoskey.us/departments/parks-a-recreation/community-parks/winter-sports-park</a>
West Shore Community College Recreation Center	Scottville	Group exercise classes, 25-meter pool, cross country running course, racquetball and basketball courts	(231) 843-5543	<a href="http://www.westshore.edu/community/recreation/recreation_center/index.html">www.westshore.edu/community/recreation/recreation_center/index.html</a>
Suttons Bay Bikes (and rentals) Five favorite rides	Suttons Bay	Five recommended Suttons Bay area bike trails in ranges of easy, moderate and challenging. Rentals: Paddleboard, bike, ski, snow shoe	231-421-6815	<a href="http://www.suttonsbaybikes.com/rides.html">www.suttonsbaybikes.com/rides.html</a>
Great Wolf Lodge	Traverse City	Indoor water park and Iron Horse Fitness Center included with stay. Toddlers age 2-years and under: water park free with adult stay.	(231) 941-3600	<a href="http://www.greatwolf.com">www.greatwolf.com</a>
Yoga for Health	Traverse City	Kids 8-13 yrs. attend class free with adult purchase of "Family Yoga" session Meditation class is free.	(231) 922-9642	<a href="http://www.yogaforhealthtc.com">www.yogaforhealthtc.com</a>
YMCA - Central Y (@ GT County Civic Center )	Traverse City	One-mile paved walking track, kids play structure, Eastling pool. *Please call for open swim times*	(231) 933-9622	<a href="http://www.gtbaymca.org/locations-and-hours/#central">www.gtbaymca.org/locations-and-hours/#central</a>

Exercise & Wellness Resources

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 Purple = Trails for All  
 Orange = All Ages  
 Green = Kids & Youth  
 Silver = Senior

ALL AGES	Location	Activities Available	Contact	Website
YMCA - West Y (3700 Silver Lake Rd.)	Traverse City	YMCA Lap Pool *Please call for open swim times*	(231) 933-9622	<a href="http://www.gtbayymca.org/locations-and-hours/#west">www.gtbayymca.org/locations-and-hours/#west</a>
Cherry Capital Cycling Club	Traverse City	Area cycling Club includes hundreds of members of all ages and abilities (beginner to racing level) for directed rides.	<a href="mailto:socialdirector@cherrycapitalcyclingclub.org">socialdirector@cherrycapitalcyclingclub.org</a>	<a href="http://www.tctrackclub.com">www.tctrackclub.com</a>
Traverse City Track Club	Traverse City	Wednesday Night Racewalking and Fun Runs	PO Box 4026 Traverse City MI, 49685	<a href="http://www.tctrackclub.com">www.tctrackclub.com</a>
KIDS & YOUTH	Location	Activities Available	Contact	Website
TCAPS Summer camps	Traverse City	Kids 3-12 yrs.- Summer Adventure Day Camps (five elementary schools)	(location-specific listings on website)	<a href="http://www.tcaps.net/programs/summerprograms">www.tcaps.net/programs/summerprograms</a>
TCAPS Sports camps (West)	Traverse City	Kids 4-18 yrs. - Sports Camps (TC Central High School)	(231) 933-8207	<a href="http://www.tcaps.net/programs/summerprograms">www.tcaps.net/programs/summerprograms</a>
TCAPS Sports camps (Central & East)	Traverse City	Kids 4-18 yrs. - Sports Camps (TC West High School)	(231) 933-7780	<a href="http://www.tcaps.net/programs/summerprograms">www.tcaps.net/programs/summerprograms</a>
Big Brothers Big Sisters of Northwestern Michigan - TC	Traverse City	Mentorship opportunities for qualifying kids age 6-12 yrs. from Grand Traverse, Antrim and Kalkaska counties	(231) 946-2447	<a href="http://www.bigsupnorth.com">www.bigsupnorth.com</a>
Grand Traverse Conservation District - Day camps	Traverse City	Half and full-Day week-long camps available for Kids 4-6 yrs. & 7-11 yrs.	(231) 941-0960	<a href="http://www.natureiscalling.org/summer-camp-schedule">www.natureiscalling.org/summer-camp-schedule</a>
Girls on the Run, Northwest Michigan	Traverse City	Spring 5K training Program for 3rd-8th grade girls	(231) 256-9803	<a href="http://www.nwmgirlsontherun.com">www.nwmgirlsontherun.com</a>
Kids Bowl Free (May 10th-Sept. 1st) *with registration*	Traverse City	Registration begins in March for kids 15 years and under. Shoe rental not included.	231-947-2610	<a href="http://www.luckyjacks.com/kids-bowl-free">www.luckyjacks.com/kids-bowl-free</a>
SENIORS	Location	Activities Available	Contact	Website
Acme Senior Center - Samaritas	Acme	Strong Bones & Balance Exercise (exercise classes)	(231) 922-4911	<a href="http://www.grandtraverse.org/712/Senior-Centers">http://www.grandtraverse.org/712/Senior-Centers</a>
Senior exercise group	Elk Rapids	Senior exercise group 10:30-11:30a.m. Tuesdays and Thursdays at Sacred Heart Catholic Church	(231) 264-8087	<a href="http://www.sacredheartelkrapids.org">www.sacredheartelkrapids.org</a>
Fife Lake Senior Center - Fife Lake Library	Fife Lake	Fitness over 50 (exercise classes), Yoga	(231) 922-4911	<a href="http://www.grandtraverse.org/712/Senior-Centers">www.grandtraverse.org/712/Senior-Centers</a>
Senior Center Network -Traverse City	Traverse City	Weekly Chair-a-Size, Strong Bones, TroptiFitness (exercise classes) Yoga, Pilates, Tai Chi on the Beach, Pickleball (winter), Table tennis, Golf	(231) 922-4911	<a href="http://www.grandtraverse.org/712/Senior-Centers">www.grandtraverse.org/712/Senior-Centers</a>