

# Get Moving in Newaygo County

## Fitness Facilities

Tamarac	\$56/month. Fitness Center-Exercise Equipment, Classes, and warm water therapy pool. Financial assistance available.	(231) 924-1600	1401 W. Main Fremont, MI 49412
Fremont Community Recreation	30 Day Free Trial. Fitness Center, lap pool, gym, classes	(231) 924-3750	201 E. Maple Fremont, MI 49412
White Cloud Physical Therapy	\$40/month. Fitness Center, classes.	(231) 689-5800	220 S. Charles White Cloud, MI 49349
Northern Physical Therapy (Grant)	Free class pass available on website. Open swim and fitness classes available for fee, call for updated schedule and rates.	(231) 834-0208	17615 W Moore Grant, MI 49327
Grant Schools Fitness Center	\$25/month	(231) 834-0061	96 E. 120 <sup>th</sup> Grant, MI 49327
Newaygo Fitness Club	7 Day Free Trial	(231) 928-5013	8843 Mason Drive, Newaygo
Anytime Fitness	7 Day Free Trial	(231) 924-7701	1224 W Main, Fremont
Branchout Yoga	Drop in rates and monthly rates available	(231) 412-0660	10 S. Division, Fremont

## Free or Low-Cost Fitness Programs

Commission on Aging	"A matter of balance" exercise classes. Class locations change seasonally between COA, St. Bart's in Newaygo and MSU extension in Fremont. Call COA for more info. Cost is \$5.00 per course, no one will be turned away based on inability to pay.	(231)689-2100	93 S Gibbs White Cloud, MI 49349
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**District Health  
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## Places to Walk

Newaygo High School	4-6:00 pm on School Days.	
Grant Schools – Middle School Walking Track	6:30-7:30 am on School Days	
Fremont Community Recreation	Free to walk inside hallways. Cost for using facility otherwise.	
“The Edge” pathway	6 mile trail from Croton to Hardy Dam	
Town & Country Trail	Fremont. 5 miles from Branstrom Park to Fremont Lake Park.	
Camp Newaygo Boardwalk Marsh Trail	½ mile trail on boardwalk through marsh area.	
Riverfront Park	Riverfront walkway from park to park in Newaygo	105 River St Newaygo, MI
Hardy Dam Rustic Trail	Rustic trail, access point near Hardy Dam	
Henning Park	Newaygo	Near M 37/Croton Drive
Marshall Memorial Park	Newaygo	
Newaygo State Park	Newaygo/Croton. Small Fee to Access.	
North Country Trail	Rustic Trail, access points at: 40 <sup>th</sup> Street, M20, Nichols Lake North & South	
Rotary “Raceway” Park	Paved Loop	White cloud
Coolbaugh Natural Area	Newaygo. Variety of Nature Trails	58 <sup>th</sup> /Hazelwood
Hungerford Lake	Big Rapids (NE Newaygo County) 13 mile trail system	Cypress North of 9 mile
Diamond Lake County Park	White Cloud	On Diamond Lake, 5 miles North of White Cloud.
Loda Lake	Bitely. 1.5 mile Trail	North on Felch off of 5 mile.
Outdoor School Tracks	White Cloud, Newaygo, Grant, Fremont, Hesperia.	

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