

# Get Moving in Kalkaska County

## Fitness Facilities

Kaliseum	Gym / Pool / Ice Rink	(231) 258-5913	1900 Fairgrounds Road Kalkaska, MI 49646 <a href="http://www.kaliseum.com">www.kaliseum.com</a>
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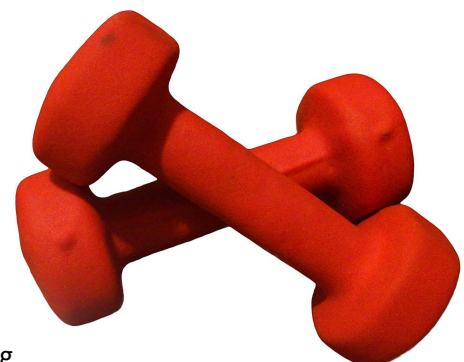
## Free or Low-Cost Fitness Programs

YOGA – Kalkaska Memorial Hospital	Free Yoga class located in the cardiac rehab gym at the hospital, Tuesdays @ 4:30pm	(231) 258-7500	419 S. Coral Street Kalkaska, MI 49646
ZUMBA – United Methodist Church	Wednesdays @ 4:00pm— \$6.00 charge per class	(231) 258-2820	2525 Beebe Road NW Kalkaska, MI 49646 <a href="http://www.zumba.com">www.zumba.com</a>
Commission on Aging	Variety of fitness classes offered throughout the week- call for current schedule	(231) 258-5030	303 S. Coral Street Kalkaska, MI 49646 <a href="http://www.kalkaskacounty.net">www.kalkaskacounty.net</a>

## Places to Walk

Kalkaska High School	Indoor walking track that is open to the public before and after school hours – no charge	(231) 258-9167	109 N. Birch Street Kalkaska, MI 49646 <a href="http://www.kpschools.com">www.kpschools.com</a>
KART Trail	Outdoor walking path, paved, open to the public – no charge	(231) 258-3307	605 N. Birch Street Kalkaska, MI 49646
Kaliseum	Indoor walking open to the public during normal business hours – no charge	(231) 258-5913	1900 Fairgrounds Road Kalkaska, MI 49646 <a href="http://www.kaliseum.com">www.kaliseum.com</a>

**Spend at least 30 minutes a day, 5 days a week in physical activity. If you don't have thirty minutes, try 10-minutes at a time, 3 times per day!**



\*Be sure to get clearance from your health care provider before beginning regular planned physical activity.

Provided by: