

Get Moving in Crawford County

Fitness Facilities

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|--------------|---------------------------------------------|----------------|------------------------------------------------------------------------------------------------------|
| SNAP Fitness | 24 hour fitness center, membership required | (989) 348-3900 | 8307 W M72 Hwy Grayling, MI 49738 www.snapfitness.com |
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Free or Low-Cost Fitness Programs

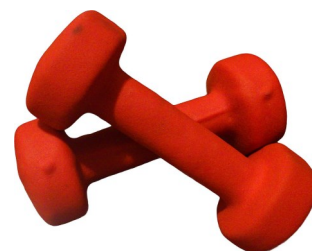
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|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------------------------------------------------------------------------------------------------------|
| ZUMBA | Grayling Elementary School | | 306 Plum St Grayling, MI 49738 |
| Commission on Aging | ZUMBA GOLD – Tuesdays @ 10:00am Golden Toners – Thursdays @ 11:00am and Fridays @ 10:00am Clogging – Mondays @ 1:30pm Line Dancing – Wednesdays @ 10:00am | (989) 348-7123 | 308 Lawndale Street Grayling, MI 49738 www.crawfordcoa.org/ |
| Hanson Hills Recreation Area | | (989) 348-9266 | 7601 Old Lake Road Grayling, MI 49738 www.hansonhills.org |
| Super 8 Hotel | Open swim – 7am-8pm \$5 charge | (989) 348-8888 | 5828 N A Miles Pkwy Grayling, MI 49738 |

Places to Walk

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|------------------------------|--------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------------------------------------------|
| Mason Tract Pathway | 11.5 mile un-groomed ski & hike trail | (989) 348-6371 | M-72 and Chase Bridge Road |
| Grayling Bicycle Turnpike | 6.5 miles, asphalt, runs from downtown grayling to Hartwick Pines State Park | | |
| Rayburn's | Scenic trail open to the public, paved and two track winds down the AuSable River | | N. Down River Rd |
| Grayling Elementary | Free walking Monday-Friday | (989) 344-3600 | 306 Plum St. Grayling, MI 49738 |
| Hanson Hills Recreation Area | | (989) 348-9266 | 7601 Old lake Rd Grayling, MI 49738 www.hansonhills.org |
| Ramada Inn | Free Walking around pool | (989) 944-3600 | 2650 I-75 BUS Grayling, MI 49738 |

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:

