

Get Moving in Mason County

Fitness Facilities

Americas Fitness Center (AFC)	AFC is dedicated to providing you quality, convenient and affordable fitness opportunities. Our 24 hour access solution assures that you can fit your workouts into your busy schedule.	(231) 843-2628	5578 W US-10 Ludington, MI 49431 afcmichigan.com
All about Me! Curves of Ludington	Boxing Classes, Core Training & Flexibility, Kick Boxing Classes, Personal Training, Weight Management Hours: 8 a.m. - 1 p.m. and 3 p.m. - 7 p.m. Monday through Friday and 9 a.m. - 12 p.m. Saturday	(231) 843-6694	301 S James St Ludington, MI 49431 curves.com
Ludington Athletic Club LLC	Includes showers, saunas, weight room, exercise equipment, racquetball, basketball, and tennis courts. \$7.00 drop in fee.	(231) 845-1491	1166 N Rath Ave Ludington, MI 49431 ludingtonathleticclub.com
Freedom Martial Arts Inc	Variety of Martial art classes including MMA, Jiu jitsu, Krav Maga & many more	(231) 845-6900	5762 W US-10 Ludington, MI 49431 freedommartialarts.net
West Shore Community College Recreation	Our Rec Center features a swimming pool, hot tub, Wellness Center, racquetball, free-weight room, gymnasium, and men's and women's locker rooms.	(231) 843-5543	3000 N Stiles Rd Scottville, MI 49454 westshore.edu
Stay Twisted Community Fitness	Yoga, indoor cycling, meditation, and pound fit.	(231) 398-7703	127 S James St Ludington, MI 49431

Free or Low-Cost Fitness Programs

Zumba	@Ludington Athletic Club various times.	(231) 845-1491	1166 N Rath Ave Ludington, MI 49431 www.zumba.com
Zumba	@Ludington Senior Center various times.	(231) 794-7566	308 S. Rowe Street Ludington, MI 49431 www.zumba.com
Empower Fitness Camp	Scottville Lower Elementary School Mon and Wed 6:30-730pm.		www.facebook.com/groups/896764947032485/
Tai Chi	Tuesdays 6:00 p.m. Fridays 5:30 p.m. Instructor: Kayleen Moffitt	231-757-4705	Scottville Area Senior Center 140 S. Main St. Scottville, MI 49454

Places to Walk

Ludington State Park	Trails	(231) 843-2423	8800 Michigan 116 Ludington, MI 49431 www.michigandnr.com
Cartier Park	1 mile paved walking loop	(231) 845-1522	1254 N Lakeshore Dr. Ludington, MI 49431
Ludington School Forest	Hiking, biking and disc golf trails		Trailheads on the corner of Sherman and Tinkham and also on Jebavy Dr. http://lasd.net/
Home Depot	6-9, walking inside. Just bring dry shoes, place to hang up coat and store shoes	(231) 843-9108	3865 U.S. 10 Ludington, MI 49431
Ludington High School	During the winter, Hallways are open from 4:30-6:30 for people to come in and walk. Also, the track when weather	(231) 845-3880	508 N Washington Ave Ludington, MI
Mason County Central High School	Track	(231) 757-3713	300 W Broadway St Scottville, MI 49454

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!

