

## Fitness Facilities

# GET MOVING MECOSTA COUNTY



### TNT GYM & TANNING

Local gym offering weights, treadmills and group classes

310 N. Michigan Ave, Big Rapids, MI 49307  
(231) 796-3239

[Website](#)

[Facebook](#)



### PT PLUS

Physical Therapy & Fitness Center that offers a variety of exercise equipment and group classes

15200 220th Ave, Big Rapids, MI 49307  
(231) 592-0027

[Website](#)

[Facebook](#)



### FERRIS STATE UNIVERSITY RACQUET & FITNESS CENTER

Tennis/racquetball courts, weights and fitness center

14342 Northland Dr, Big Rapids, MI 49307  
231-592-2212

[Website](#)

[Facebook](#)



### FERRIS STATE UNIVERSITY RECREATION CENTER

Fitness center, large pool, basketball courts, climbing wall and more

401 S. Street, Big Rapids, MI 49307  
231-591-2679

[Website](#)

[Facebook](#)



### HEART & SOLE YOGA

Breathe deeply, strengthen muscles, learn focus, relieve stress, practice balance, and move mindfully to your ability.

212 Maple St, Big Rapids, MI 49307  
(231) 592-5289

[Website](#)

[Facebook](#)



### JD FIT

Personal training and class oriented gym

120 N. Michigan Ave, Big Rapids, MI 49307  
231-349-8870

[Website](#)

[Facebook](#)

**Fitness  
Facilities**

# GET MOVING MECOSTA COUNTY



## **TRANSFORMATION FITNESS & WELLNESS**

Personal training sessions, small group classes and youth conditioning training

106 N Michigan Ave, Big Rapids, MI 49307

517-712-4954

[Facebook](#)



## **BIG RAPIDS CROSSFIT**

Functional Fitness for everyone

823 West Ave, Big Rapids, MI 49307

231-872-0005

[Website](#)

[Facebook](#)



## **THE MESSAGE SPOT & FITNESS CENTER**

Offers a variety of massage services and fitness training.

6718 9 Mile Rd, Mecosta, MI 49332

(989) 506-6565

[Website](#)

[Facebook](#)



## **PILATES BIG RAPIDS, LLC**

Improve posture, mobility, core strength and overall tone.

205 Maple Street Suite A, Big Rapids, MI 49307

262-352-5451

[Website](#)

[Facebook](#)



## **BIG RAPIDS MARTIAL ARTS ACADEMY**

Providing the opportunity for students to develop the necessary skills at individual levels in self defense and various styles of martial arts.

701 Maple St, Big Rapids, MI 49307

(231) 679-6233

[Website](#)

[Facebook](#)

Free or Low-  
Cost Fitness  
Programs

# GET MOVING MECOSTA COUNTY



## CHARLES E. FAIRMAN COMMUNITY POOL

Open Swim is held weekdays from 1:00-4:45pm and  
6:00-7:45pm and weekends from 1:00-4:45pm  
3106 Hutchinson St, Big Rapids, MI 49307  
(231) 796-7798

[Website](#)



## PLANET FITNESS

Fitness Center, personal training and group classes  
1250 Perry Ave, Big Rapids, MI 49307  
231-660-0006

[Website](#)

[Facebook](#)



## MECOSTA COUNTY COMMISSION ON AGING

Remain healthy and active through participation in  
recreational, educational and leisure  
activities. 12954 80th Ave, Big Rapids, MI 49307  
231-972-2884

[Website](#)

[Facebook](#)



## BIG RAPIDS ROLLER RINK

Roller skating rink open to the public  
325 N. Michigan Ave, Big Rapids, MI 49307  
(231) 796-1900

[Facebook](#)

Places to Walk

# GET MOVING MECOSTA COUNTY



## **BIG RAPIDS HIGH SCHOOL INDOOR TRACK**

Walk inside the High School, January to April, from 4:00-8:00pm.

21175 15 Mile Rd, Big Rapids, MI 49307

231-796-7651

[Website](#)



## **BIG RAPIDS MIDDLE SCHOOL**

Walk inside the Middle School, January to April, from 4:00-8:00pm.

Maps of the school are provided.

500 N. Warren, Big Rapids, MI 49307

231-796-9965

[Website](#)



## **CROSSROADS CHARTER ACADEMY HIGH SCHOOL OUTDOOR TRACK**

Four laps around the track is one mile.

215 N. State St, Big Rapids, MI 49307

231-796-9041

[Website](#)



## **BIG RAPIDS RIVERWALK**

A 2.64 mile paved stretch along the Muskegon River. Accessible to all starting at River Street Park and winding along to Northend Riverside Park. This trail also offers several connections to the White Pine Trail.

[Website](#)

Places to Walk

# GET MOVING MECOSTA COUNTY



## HUNGERFORD LAKE RECREATION AREA

The area provides opportunities to hike, horseback ride, canoe, fish and mountain bike and cross-country ski during the winter.

Forest Road 5134, Big Rapids, MI 49307

231-745-4631

[Website](#)



## NORTHEND RIVERSIDE PARK DISC GOLF COURSE

Bring some friends, a Frisbee and a lunch to enjoy this Frisbee Golf course. The course also bumps up to the Riverwalk and White Pine Trail.

4th Street, Big Rapids, MI 49307

[Website](#)

[Facebook](#)



## PARIS FISH HATCHERY

Bring the kids and the family pet to this Historic Attraction with waterfall ponds, stocked with trout a playground and a covered pavilion for a lunch.

22090 Northland Dr, Paris, MI 49338

231-796-3420

[Facebook](#)



## WHITE PINE TRAIL

Rail Trail pathway (mostly paved) trail from Cadillac to Grand Rapids

[Website](#)

[Facebook](#)