

Get Moving in Mecosta County

Fitness Facilities

TNT Gym & Tanning	Local Gym: weight, treadmills, classes	(231) 796-3239	310 North Michigan Ave. Big Rapids, MI 49307
Beagle Fit (24 hour Gym)	Services include, personal training and aerobic classes to assist with meeting your fitness goals. Also, as a member, you have 24 hr. access to our club; (offer Monthly specials)	(231) 592-4070	14299 Northland Dr. Big Rapids, MI 49307 www.beaglefit.com
PT Plus	<u>Group fitness classes</u> include SPINNING, Pilates and Yogilaties	(231) 592-0027	15200 220th Ave Big Rapids, MI 49307 www.myptplus.com
FSU Racquet Fitness Center	Tennis, Racquet ball, weight and fitness	(231) 592-2212	14342 Northland Dr. Big Rapids, MI 49307 ferrisracquetandfitness.com
RC Fitness	24 hour fitness center	(231) 832-8050	133 W. Upton Ave Reed City, MI 49677 facebook.com/RCFitness247
Curves: Reed City	30-minute Circuit fitness center for women	(231) 832-9270	139 W Church Ave #3 Reed City, MI 49677

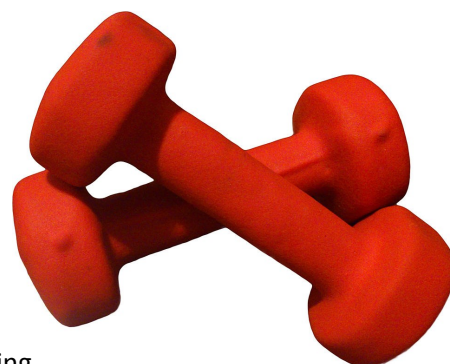
Free or Low-Cost Fitness Programs

Charles E Fairman Community pool	Open Swim is held weekdays when the pool is open from 1-4:45 p.m. and 6-7:45 p.m. Weekend hours are from 1:00-4:45 p.m	(231) 796-7798	106 Hutchinson St. Big Rapids, MI 49307 www.ci.big-rapids.mi
Big Rapids Roller Rink	Roller skating rink open to the public	(231) 796-1900	325 North Michigan Ave. Big Rapids, MI 49307
FSU Recreation Center	Fitness center, large pool, basketball courts, a climbing wall, and much more	(231) 591-2679	401 South St. Big Rapids, MI 49307 www.ferris.edu
FSU Racquet & Fitness Center	Tennis/racquetball courts, pro shop, along with junior and adult tennis camps	(231) 592-2212	14342 Northland Dr. Big Rapids, MI 49307 ferrisracquetandfitness.com
Mecosta County Senior Center	Regular activities include but aren't limited to: fitness classes, line dancing, bingo, cards, games, health clinics, art classes, card recycling, Readers Theater, computer education, and special events/programs	(231) 972-2884	12954 80th Ave. Mecosta, MI 49332 www.co.mecosta.mi.us

Places to Walk

Big Rapids Middle School (winter)	January 6 th to April from 4-8pm Maps are provided	(231) 592-4038	
Big Rapids Riverwalk	A 2.64 mile pathway along the Muskegon River. Accessible to all Starting downtown Big Rapids, winds its way to North end Riverside Park, and offers several connections to the White Pine Trail		Big Rapids Area http://bigrapids.org/pages/bigrapidsriverwalk
White Pine trail	Rail Trail pathway (mostly paved) trail goes from Cadillac to Grand Rapids		Along old US 131 Paris, Big Rapids, Morley and Stanwood www.whitepinetrail.com
Hungerford Lake Recreation Area	A multi-use 13 mile trail system. In spring, summer and fall you may enjoy hiking, horseback riding, canoeing, fishing and mountain biking. During the winter months, cross-country skiing	(231) 745-4631	Hungerford Lake Road & Forest Road 5134 Big Rapids, MI 49307
North End Riverside Park	Bring some friends a Frisbee and a lunch and enjoy this new up and coming sport; Frisbee Golf. Also bumps up to the Riverwalk and White Pine Trail		4th Street. Big Rapids, MI 49307
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 summer lunch	(231) 796-3420	22090 Northland Dr. Paris, MI 49338

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:

