

# Get Moving in Manistee County

## Fitness Facilities

Health Connection	Fitness facility in conjunction with West Shore Health Connection. Includes group fitness, free weights and cardiovascular equipment.	(231) 398-1520	West Shore Health Connection 1293 E. Parkdale Ave Manistee, MI 49660
American Fitness	24 hour fitness facility. Facilities include free weights, cardiovascular machines, and ActivTrax. See website for more details.	(231) 299-1133	1569 S US-31 Manistee, MI 49660
FIT U.S.A. 24hr Fitness	Our facility is open 24 Hours a Day Full gym: including free weights, weight machines and more.	(616) 856-0520	KMART PLAZA 1672 US 31 South Manistee, MI 49660

## Free or Low-Cost Fitness Programs

Just Country Kickin'	Line Dance Group Mondays: Free Lessons - October through May 7:00 - 9:00pm Located @ the American Legion Tuesdays: \$1 members/\$2 nonmembers (membership \$10 for year) Manistee VFW Post (Year Round) Dancing From 7:00 - 9:00pm		<b>American Legion</b> 10 Mason St. Manistee, MI 49660 <b>VFW Post</b> 1211 28 <sup>th</sup> St. Manistee, MI 49660
Manistee County Council on Aging Senior Center	<b>Open Exercise</b> – Senior-organized exercise group meets at 9 a.m. on Monday and Wednesday morning at the Manistee Senior Center – FREE <b>Sit and Get Fit</b> Manistee – Tuesday & Thursday mornings at 10:00-10:30am am FREE! <b>Sit and Get Fit</b> Onkama-Monday & Wednesday 10:45am-11:30am	(231) 723-6477	457 River St Manistee, MI 49660
Tai Chi	FREE Tai Chi on Monday/Wednesday/Friday at 9:00am.  This class ends October.		5 <sup>th</sup> Ave Beach House Manistee, MI 49660
Onkama Consolidated Schools	Walking Track and Fitness Center Hours Monday-Thursday: 5am-8am & 3pm-9pm Friday: 5am-8am & 3pm-7:30pm Saturday: 8am – 10am Sunday: 1pm – 3pm & 6pm – 8pm	(231) 889-4251	5016 Main St. Onkama, MI 49675
Manistee Recreation Association	Variety of activities including swim lessons, soccer clinics, ski/snowboard instruction, plus much much more.	(231) 723-9274	50 Filer St., Suite D Manistee, MI 49660
Pleasant Valley Community Center	During <u>regular hours</u> we offer our fully equipped Exercise Room, Gym, Game Room (ping pong, pool table, foosball) and Classroom Space for your personal enjoyment.	(231) 889-7069	3586 Glovers Lake Rd Arcadia, MI 49613

# Places to Walk

Manistee River Walk	River walk follows the Manistee River... It continues on under the US-31 bridge and meanders behind the downtown district, finally ending up at First Street beach, near the river outlet to Lake Michigan.		Parking located Downtown @ River St. & the end of Jones St.
North Country Trail Association Spirit Of The	Chapter of North Country Trail Assoc. in northern lower Michigan. Maintain 80 miles of trail in Mason, Lake , Manistee Counties.		
Non-Motorized Trail Park	Four season City of Manistee Park for Mountain Biking, Walking, Running, Cross Country Skiing.	(231) 723-3595 ext. 8558	On M55 3 Miles East of US-31 and M-55 intersection
Manistee Public High School	Walking Track - The walking track is open on a daily basis from 8:30 a.m. to 2:00 p.m. Please check into the office upon entering the building.	(231) 723-1522	25 Twelfth Street Manistee, MI 49660

**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.

