

**Free or Low-
Cost Fitness
Programs**

GET MOVING MANISTEE COUNTY



JUST COUNTY KICKIN'

Line, Couples and Swing Dancing Group
VFW Post- 1211 28th St. Manistee, MI 49660
317-961-1161

[Website](#)
[Facebook](#)



MANISTEE COUNTY COUNCIL ON AGING

Open Exercise - Monday and Wednesday's 9am
Sit and Get Fit -Tuesday & Thursday's 10am
457 River St. Manistee, MI 49660
(231) 723-6477

[Website](#)
[Facebook](#)



MANISTEE RECREATION ASSOCIATION

Offers a variety of activities: swim lessons, soccer clinics, ski/snowboard instruction, tai chi etc.
Please visit website for more information.
231-723-9274

[Website](#)
[Facebook](#)



ONEKAMA CONSOLIDATED SCHOOLS

Walking Track and Fitness Center Hours
Please visit the website for hours of operation
5016 Main St. Onkama, MI 49675
(231) 889-4251

[Website](#)



PLEASANT VALLEY COMMUNITY CENTER

Offers a game room (ping pong, pool, and fooseball tables), fully equipt exercise room, gym, and multipurpose room.
3586 Glovers Lake Rd Arcadia, Michigan
231-889-7069

[Facebook](#)



MANISTEE PUBLIC HIGH SCHOOL

Community Track, Pool and Aquatic Center
Please visit website to access pool hours and calendar.
25 Twelfth Street Manistee, MI 49660
231-723-1522

[Website](#)

Places to Walk

GET MOVING MANISTEE COUNTY



MANISTEE RIVERWALK

The Riverwalk follows the Manistee River. To walk the full 1.5 mile length, park at the end of Jones Street, where you'll find access to the walkway. 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.

[Website](#)



NORTH COUNTY TRAIL ASSOCIATION- SPIRIT OF THE WOODS CHAPTER

Chapter of North Country Trail Assoc. in northern lower Michigan. Maintain 80 miles of trail in Manistee, Wexford, Lake and Newaygo Counties.

[Website](#)



NON-MOTORIZED PARK- PART OF MANISTEE COUNTY'S TRAIL SYSTEM

Four season City of Manistee Park for Mountain Biking, Walking, Running, Cross Country Skiing and more.

2106 Caberfae Hwy, Manistee, MI 49660.

231-723-3595 ext. 8558

[Website](#)



MANISTEE PUBLIC HIGH SCHOOL

Community 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.

25 Twelfth Street Manistee, MI 49660

231-723-1522

[Website](#)



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Walking Track

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(231) 889-4251

[Website](#)

**Fitness
Facilities**

GET MOVING MANISTEE COUNTY



MANISTEE HEALTH & FITNESS CENTER

A full-service fitness facility
1345 E. Parkdale Ave. Manistee, MI 49660
231-398-1520

[Website](#)
[Facebook](#)



AMERICAN FITNESS CENTER

A 24 hour fitness facility.
1569 S. US-31 Manistee, MI 49660
231-299-1133

[Website](#)
[Facebook](#)



TMH FITNESS

84 Cypress St. Manistee, MI 49660

[Facebook](#)



YOGA FITNESS CENTER

Manistee's only yoga studio
358 River St Suite B, Manistee, MI 49660
(231) 398-9620

[Website](#)
[Facebook](#)