

Fitness Facilities

GET MOVING MASON COUNTY



LUDINGTON ATHLETIC CLUB, LLC

Offers adult gym memberships and fitness classes, as well as children's dance, tumbling, gymnastics and sports conditioning.

1166 N. Rath Ave, Ludington, MI 49431

231-845-1491

[Website](#)

[Facebook](#)



AMERICA'S FITNESS CENTER

A 24 hour fitness facility including free weights, cardiovascular machines, ActivTrax and Fitness on Demand.

5578 W. US-10, Ludington, MI 49431

231-843-2628

[Website](#)

[Facebook](#)



WEST SHORE COMMUNITY COLLEGE RECREATION

The Rec Center features a swimming pool, hot tub, Wellness Center, racquetball, free-weight room and gymnasium.

3000 N. Stiles Rd, Scottville, MI 49454

231-843-5543

[Website](#)



NORTHSTAR FITNESS

A program for everyone: Crossfit, Hot Yoga, Full Body Bootcamp. Barre, Indoor Cycling, Yoga and Fit55.

311 S. Rath Ave, Ludington, MI 49431

231-425-9303

[Website](#)



M. WELLNESS FITNESS & NUTRITION

Offering classes in: spin, barre, yoga, TRX, core, boot camp, chair yoga, sculpt HITT, and pilates with certified instructors, stretching for wellness, etc.

127 S. James Street, Ludington, MI 49431

(616) 886-6749

[Website](#)

[Facebook](#)

Free or Low-Cost Fitness Programs

GET MOVING MASON COUNTY



LUDINGTON AREA SENIOR CENTER

Various fitness classes are offered throughout the week. Please visit the website or Facebook for more information.

308 S. Rowe St, Ludington, MI 49431

231-845-6841

[Website](#)

[Facebook](#)



SCOTTVILLE AREA SENIOR CENTER

A Sit and Be Fit exercise class is offered Tuesdays at 10:30am

140 S. Main St, Scottville, MI 49454

(231) 757-4705

[Website](#)

[Facebook](#)



FREEDOM MARTIAL ARTS

Offers classes in Tae Kwon Do, Krav Maga, Self-Defense, Kickboxing, Boxing, and Brazilian Jiu-Jitsu for kids and adults.

5762 US-10, Ludington, MI 49431

Call to enroll: 231-845-6900



SMILING LOTUS YOGA CENTER

Connect the breath with movement, flow, & alignment. Leave feeling refreshed, inspired, & ready for the day.

103 E. Ludington Ave, Ludington, MI 49431

Please call 231-852-0848 for more information.



CALISTA MARIE'S SCHOOL OF DANCE

A positive dance environment in which student creativity and team work is the core.

315 S. James St, Ludington, MI 49431

Please call 231-845-6914 for more information



FLIPSTAR GYMNASTICS CENTER

Our team of experienced coaches and staff members are happy to teach every child, whatever the fitness level or gymnastics experience.

5909 W. US Highway 10, Ludington, MI 49431

Please call 231-845-1385 to enroll.

Places to Walk

GET MOVING MASON COUNTY



LUDINGTON STATE PARK

Enjoy a hike on one of the eight marked trails that covers 18 miles.

8800 Michigan 116, Ludington, MI 49431

231-843-2423

[Website](#)



CARTIER PARK

Cartier Park is home to a one mile walking loop, the Cartier Park campground, Lincoln River access site and many acres of untouched natural forest area.

1254 N. Lakeshore Dr, Ludington, MI 49431

231-845-1522

[Website](#)



LUDINGTON SCHOOL FOREST TRAILS

Trails used for biking, hiking, skiing and disc golf, this area is home to twists and turns through ten miles of woodland.

Trailhead is at the corner of Sherman, Tinkham and Jebavy Dr in Ludington.

[Website](#)



WATERFRONT WALKWAY

Extends through downtown Ludington, Waterfront Park, to the south end of William Street and north Sterns Park.

391 S. William St, Ludington, MI 49431

231-845-6237



SCOTTVILLE RIVERSIDE PARK

The park is located on the beautiful Pere Marquette River.

700 S. Scottville Rd, Scottville, MI 49454

231-757-2429



HOME DEPOT

A great location to walk inside if the weather isn't cooperating.

Open 6:00am-9:00pm

3865 US-10, Ludington, MI 49431

231-843-9108



GET MOVING MASON COUNTY

The following local schools are open for indoor walking during cold weather months. The schools are not open on days when classes are not in session, including snow days. Please call the school ahead of arriving to check on available open walking times.



LUDINGTON HIGH SCHOOL

508 N. Washington Ave, Ludington, MI 49431
Open Monday-Friday from 4:00pm-7:30pm
Please call 231-845-3811 or 231-845-3880



MASON COUNTY CENTRAL HIGH SCHOOL

308 W. Broadway St, Scottville, MI 49454
Please call 231-757-3713



MASON COUNTY EASTERN HIGH SCHOOL

18 Custer Road, Custer, MI 49405
Open Monday-Friday from 3:30pm-5:00pm
Please call 231-757-3735