

Get Moving in Wexford County

Fitness Facilities

Anytime Fitness	Group classes, massages, exercise equipment	(231) 846-2027	2101 Plett Rd., Cadillac, MI 49601 anytimefitness.com
Better Bodies Health and Fitness	Personal training, exercise equipment	(231) 775-3300	412 S. Mitchell St., Cadillac, MI 49601 betterbodieshealthandfitness.com
Pine Grove Athletic Club	Personal training, group classes, swimming, exercise equipment	(231) 775-9908	8179 Mackinaw Trail, Cadillac, MI 49601 pinegroveathleticclub.com
Women's Fit and Tone	Ladies only circuit gym that offers a low impact workout for women in a friendly environment	(231) 942-1082	9052 E. 13th St., Cadillac, MI 49601
YMCA of Cadillac	Offering group classes, swimming pool, exercise equipment, indoor gym/track	(231) 775-3369	9845 Campus Dr., Cadillac, MI 49601 cadillacareaymca.org
YogaSol Fitness Studio	Variety of group classes that will challenge you mentally, physically, and spiritually.	(231) 775-YOGA	8836 E. 34 Rd., Cadillac, MI 49601 yogasolcadillacmi.com

Free or Low-Cost Fitness Programs

First Church of the Nazarene	Indoor walking in their gym - Free	(231) 775-7351	1125 E. Division St., Cadillac, MI 49601
YMCA	Offers scholarships and reduced rates	(231) 775-3369	9845 Campus Dr., Cadillac, MI 49601 cadillacareaymca.org

*Be sure to get clearance from your health care provider before beginning regular planned physical activity.

Provided by:

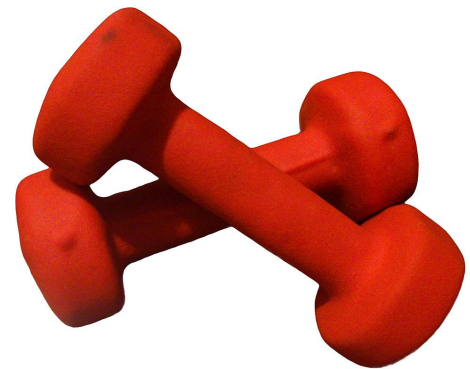


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Places to Walk

Cadillac Heritage Nature Trail	2.5 miles long. Can be used for hiking and cross country skiing	Mitchell State Park, Cadillac, MI	Mitchell State Park, Cadillac, MI
Cadillac Junior/Senior High Schools	Walk the hallways M-F from 6:15-7:30am and from 3:30pm-9:00pm	(231) 876-5800	400 Linden St., Cadillac, MI 49601
Cadillac Pathway	11.3 mile groomed ski, hike, and bike trail with 6 loops	(231) 775-9727	Boon Road (34 Mile) & Seeley Rd Cadillac, MI 49601
Clam River Greenway	2 mile, 10ft wide paved trail, boardwalks, and natural areas running through the heart of Cadillac		330 Chestnut street Cadillac, MI 49601
Keith McKellop Walkway	5.5 miles long along the shore of Lake Cadillac		
Mackenzie Trail	The trail is a system of many loops, both single and double tracked		Trailhead is just west of Caberfae Peaks, down 38 Rd. about ¾ of a mile in the Manistee National Forest
North Country Trail	Rustic Trail, access points located along the Manistee River.		
White Pine Trail	92 miles long from Grand Rapids to Cadillac.		6093 M-115, Cadillac, MI 49601

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!



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LIVE WELL

District Health Department #10
Healthy People. Healthy Communities