



ADULT WALKING PROGRAM



Walking program exploring parks and trails throughout Otsego County!

8-WEEK WALKING PROGRAM

For adults
WALK 2X / WEEK
at Sportsplex
WALK 1X / WEEK
at new locations



EVERY
MON, WED, & FRI
10:30am-11:30am

GRANT FUNDED
FREE TRANSPORTATION
FROM
120 Grandview Blvd. Gaylord
TO walking location
(SPACE LIMITED)

ON THE TRAIL TO FITNESS AND HEALTH

WEEK 1 (Jan 15th-19th)

Mon: Pine Baron Pathway
2010 Lone Pine Road Gaylord
Wed & Fri: Sportsplex

WEEK 2 (Jan 22nd-26th)

Mon: No Walk
Wed & Fri: Sportsplex

WEEK 3 (Jan 29th-Feb 2nd)

Mon: Aspen Park Trails
239 Commerce Blvd. Gaylord
Wed & Fri: Sportsplex

WEEK 4 (Feb 5th-9th)

Mon: 5 Lakes Nature Area
2024 Five Lakes Rd Gaylord, MI
Wed & Fri: Sportsplex

WEEK 5 (Feb 12th-16th)

Mon: Louis Groen Nature Pres
2043 Gingell Rd, Joburg, MI
Wed & Fri: Sportsplex

WEEK 6 (Feb 19th-23rd)

Mon: Closed/No Walk
Wed & Fri: Sportsplex

WEEK 7 (Feb 26th-March 2nd)

Mon: Aspen Park Trails
239 Commerce Blvd. Gaylord
Wed & Fri: Sportsplex

WEEK 8 (March 5th-9th)

Mon: Pine Baron Pathway
2010 Lone Pine Road Gaylord
Wed & Fri: Sportsplex

Walking sticks
provided!



INTEREST IN JOINING US?

Amanda Dobrzelewski

OCCOA Healthy Aging Activities Coordinator, CTRS
Otsego County Commission on Aging
989.748.4068



Thank you to all of our supportive partners!