



ADULT WALKING PROGRAM

Adult Walking program exploring parks and trails throughout Otsego County!

8-WEEK WALKING PROGRAM

For adults
WALK **2X / WEEK**
at Aspen Park
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 9 (Sept 11th-15th)

Mon & Wed: **ASPEN PARK**
Fri: **North Central Trail**
256 Fairview Rd, Gaylord
(pavement, flat)

WEEK 10 (Sept 18th-22nd)

Mon & Wed: **ASPEN PARK**
Fri: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
(grass, dirt path)

WEEK 11 (Sept 25th-29th)

Mon & Wed: **ASPEN PARK**
Fri: **Otsego County Park**
1657 County Park Rd, Gaylord
(pavement, flat)

WEEK 12 (Oct 2nd-6th)

Mon & Wed: **ASPEN PARK**
Fri: **Louis Groen Nature Pres**
2043 Gingell Rd, Joburg, MI
(grass, dirt, inclines)

WEEK 13 (Oct 9th-13th)

Mon & Wed: **ASPEN PARK**
Fri: **5 Lakes Nature Area**
2024 Five Lakes Rd Gaylord, MI
(narrow grass, dirt trail)

WEEK 14 (Oct 16th-20th)

Mon & Wed: **ASPEN PARK**
Fri: **Jordon River Pathway**
Elmira, MI
(grass, dirt, inclines)

WEEK 15 (Oct 23rd-27th)

Mon & Wed: **ASPEN PARK**
Fri: **Aspen Park Trails**
239 Commerce Blvd. Gaylord
(dirt, narrow, inclines)

WEEK 16 (Oct 30-Nov 3rd)

Mon & Wed: **ASPEN PARK**
Fri: **North Central Trail**
256 Fairview Rd, Gaylord
(pavement, flat)

INTEREST IN JOINING US?

Amanda Dobrzelewski

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989.748.4068

