



ADULT WALKING PROGRAM


Walking program exploring parks and trails throughout Otsego County!

<p>8-WEEK WALKING PROGRAM</p> <p>For adults</p> <p>WALK 2X / WEEK at Aspen Park</p> <p>WALK 1X / WEEK at new locations</p>	 <p>EVERY MON, WED, & FRI 10:30am-11:30am</p>	<p>FUNDED TRANSPORTATION PROVIDED FROM</p> <p>120 Grandview Blvd. Gaylord</p> <p>TO walking location (SPACE LIMITED)</p>
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ON THE TRAIL TO FITNESS AND HEALTH

<p>WEEK 1 (May 21st-25th)</p> <p>Mon: <u>North Central Trail</u> 256 Fairview Rd, Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 2 (May 28-June 1st)</p> <p>Mon: <u>CLOSED/NO WALK</u></p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 3 (June 4th-8th)</p> <p>Mon: <u>Otsego County Park</u> 1657 County Park Rd, Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>
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<p>WEEK 4 (June 11th-15th)</p> <p>Mon: <u>5 Lakes Nature Area</u> 2024 Five Lakes Rd Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 5 (June 18th-22nd)</p> <p>Mon: <u>Big Bear Lake Trails</u> Big Bear Lake Rd Vienna</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 6 (June 25th-29th)</p> <p>Mon: <u>Pine Baron Pathway</u> 2010 Lone Pine Road Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>
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<p>WEEK 7 (July 2nd- 6th)</p> <p>Mon: <u>Walk Downtown</u> Start at 120 Grandview Blvd</p> <p>Wed: <u>NO WALK</u> Fri: <u>Aspen Park</u></p>	<p>WEEK 8 (July 9th-13th)</p> <p>Mon: <u>Louis Groen Nature Pres</u> 2043 Gingell Rd, Joburg</p> <p><i>*NOTE: Time change to 2:00pm</i></p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>Walking sticks provided!</p> 
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**Locations may change due to weather and trail conditions, contact below for more information*

INTEREST IN JOINING US?

Amanda Dobrzelewski

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Otsego County Commission on Aging
989.748.4068

Thank you to all of our supportive partners!

