



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 (Mar 19th-23rd)

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

WEEK 2 (Mar 26th-30th)

Mon: **Aspen Park Trails**
239 Commerce Blvd. Gaylord
Wed: **Aspen Park** Fri: **No Walk**

WEEK 3 (Apr 2nd-6th)

Mon: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
Wed & Fri: **Aspen Park**

WEEK 4 (Apr 9th-13th)

Mon: **5 Lakes Nature Area**
2024 Five Lakes Rd Gaylord
Wed & Fri: **Aspen Park**

WEEK 5 (Apr 16th-20th)

Mon: **Big Bear Lake Trails**
Big Bear Lake Rd Vienna
Wed & Fri: **Aspen Park**

WEEK 6 (Apr 23rd-27)

Mon: **North Central Trail**
256 Fairview Rd, Gaylord
Wed & Fri: **Aspen Park**

WEEK 7 (Apr 30th-May 4th)

Mon: **Otsego County Park**
1657 County Park Rd, Gaylord
Wed & Fri: **Aspen Park**

WEEK 8 (May 7th-11th)

Mon: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
Wed & Fri: **Aspen Park**



**Locations may change due to weather and trail conditions, contact below for more information*

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!

