



ADULT WALKING PROGRAM



Walking program exploring parks and trails throughout Otsego County!

8-WEEK WALKING PROGRAM

For adults

WALK 1X / WEEK

Outdoors

WALK 2X / WEEK

Indoors



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 28th - Feb 1st)

Mon: **Walk Downtown**

120 Grandview Blvd

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 2 (Feb 4th - 8th)

Mon: **5 Lakes Nature Area**

2024 Five Lakes Rd Gaylord, MI

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 3 (Feb 11th - 15th)

Mon: **Aspen Park Trails**

239 Commerce Blvd. Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 4 (Feb 18th - 22nd)

Mon: **Closed/No Walk**

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 5 (Feb 25th - Mar 1st)

Mon: **Pine Baron Pathway**

2010 Lone Pine Road Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 6 (Mar 4th - 8th)

Mon: **Louis Groen Nature Pres**

2043 Gingell Rd. Johannesburg

***Time Change 12:30pm - 2:30pm**

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 7 (Mar 11th - 15th)

Mon: **Aspen Park Trails**

239 Commerce Blvd. Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

WEEK 8 (Mar 18th - 22nd)

Mon: **Walk Downtown**

120 Grandview Blvd

Wed: **Community Center**

Fri: **Sportsplex**

Walking sticks provided.

**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

Otsego County
Bus System



Thank you to all of our supportive sponsorship and transportation partners!