



# ADULT WALKING PROGRAM



Walking program exploring parks and trails throughout Otsego County!

<p><b>8-WEEK WALKING PROGRAM</b></p> <p>For adults</p> <p>WALK 1X / WEEK</p> <p>Outdoors</p> <p>WALK 2X / WEEK</p> <p>Indoors</p>	 <p><b>EVERY</b> <b>MON, WED, &amp; FRI</b> 10:30am-11:30am</p>	<p><b>GRANT FUNDED</b></p> <p><b>FREE TRANSPORTATION</b></p> <p><b>FROM</b></p> <p>120 Grandview Blvd. Gaylord</p> <p><b>TO</b> walking location</p> <p>(SPACE LIMITED)</p>
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## ON THE TRAIL TO FITNESS AND HEALTH

### WEEK 1 (Nov 26th –30th)

Mon: **5 Lakes Nature Area**

2024 Five Lakes Rd Gaylord, MI

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 2 (Dec 3rd - 7th)

Mon: **North Central Trail**

256 Fairview Rd, Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 3 (Dec 10th - 14th)

Mon: **Aspen Park Trails**

239 Commerce Blvd. Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 4 (Dec 17th - 21st)

Mon: **Walk Downtown**

120 Grandview Blvd

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 5 (Dec 24th - 28th)

Mon: **Closed/No Walk**

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 6 (Dec 31st– Jan 4th)

Mon: **Closed/No Walk**

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 7 (Jan 7th -11th)

Mon: **Pine Baron Pathway**

2010 Lone Pine Road Gaylord

Wed: **Community Center**

Fri: **Sportsplex**

### WEEK 8 (Jan 14th - 18th)

Mon: **Louis Groen Nature Pres**

2043 Gingell Rd. Johannesburg

**\*Time Change 12:30pm - 2:00pm**

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!*