

Charlevoix County

Physical Fitness

Walking/ running/ biking/ roller blade

- **Top of Michigan Trails Council** (231) 348-8280
"Rails to Trails". 22 mile paved trail from Harbor Springs to Charlevoix
Open to public
Hours: Anytime
Cost: **Free**

- **Charlevoix High School**
Walking track –upper level of gymnasium
Times: Mon- Fri. After school hours.
Cost: **Free**

Community Pool

- **Charlevoix Area Community Pool**
Open to public
Hours: Varies monthly – various programs, classes, and events. Printed schedules available
Cost: resident \$3.50; non-resident \$3.75
Mon, Tues, Fri \$1.00 nights 6:00 pm- 8:00 pm
\$ 1.50 non residents
Ph: (231) 547-0982

Gymnasium

- **Curves** for Women
Hours: Mon, Wed., Fri 6:00 am – 1:00 pm; 2:00 pm – 7:00pm
Fri. closes at 6:30 pm
Tues, Thur 8:00am – 11:00am, 2:00pm – 7:00pm
Sat. 9:00 am – 12:00 pm

Cost: \$149.00 start-up fee; \$34-44.00/mo -Specials advertised monthly

Locations: City of Charlevoix (231)-237-0699

Boyne City (231) 582-0699

East Jordan (231)536-3601

- **Harbor Health and Fitness Center**

Hours: Mon-Fri 6:00 am- 9:00 pm. Closed 1:00 pm-4:00 pm on Tues and Thurs.

Sat. 8:00 am- 1:00 pm

Sun 12:30 pm- 5:30 pm

Cost: (flexible) \$35.00/ week; \$60.00/ month; \$530.00/ year

Passes available: 10 visits for \$95.00

*Membership includes over 20 exercise classes to choose from with no additional charge.

No racquet ball No sauna

Ph: (231) 547-8000

- **Southside Gym**

Hours: Mon- Thurs. 5:00 am- 9:00 pm

Fri 5:00 am- 8:00 pm

Sat 8:00 am- 8:00 pm

Sun 8:00 am- 5:00 pm

Cost: \$8.00/day; \$40.00/month; \$210.00/ 6 months; \$384.00/ year Students

\$72.00/month Seniors \$30.00/month. Couple rates available

Ph: (231) 547-0246

Weight Reduction

- ***Weight Watchers***

1-800-651-6000

On line www.8883florine.com

East Jordan Meeting Tuesday 6pm Evangelical Luthern Church

- ***Registered Dietician***

Laurel Najarian, RD. Charlevoix Area Hospital. Ph: (231) 547-8737

By appointment only

Cost: may be covered by insurance plans

<http://www.cah.org/healthed-main.htm>

- ***Women's Heart Health-*** Boyne City

Patty Barrow, Foundation Office Charlevoix Area Hospital

Smoking Cessation

- **Freedom From Smoking Program Online** – American Lung Association
No time limitations, online support group available
www.lungusa.org
Cost: **Free**
- **American Lung Association Self-Help**
Ph: 1-800-548-8252
Counselors available Mon- Fri 7:00 am- 7:00 pm
- **Quit Net online support** www.quitnet.com www.ffsonline.org

Charlevoix Area Hospital freedom from smoking link

[http://www.llhgraphics.com/appiesnet/appiescal/cal3/- freedom from smoking](http://www.llhgraphics.com/appiesnet/appiescal/cal3/-freedom-from-smoking)

- **Michigan Department of Community Health** [tobacco resources online](#)
Telephone counseling for uninsured/underinsured adults
May qualify for free nicotine patches/gum
Ph: 1-800-537-5666
Free Quit Kits
Ph: 1-800-480-7848
Counselors available
Mon- Thurs 8:00 am- 8:00 pm
Fri 8:00 am- 5:00 pm

Transportation

Charlevoix County Transit: ph (231) 582-6900