

Otsego County

Physical Fitness

Walking/ running/ biking

- Paved walking trail surrounding along Fairview Rd. and surrounding Soccer fields.
- Rails to Trails walking/biking pathway. Very nice smooth, hard surface created in July 2007. Gaylord to Indian River. Along the railroad tracks, begins on Fairview Rd, behind UBC Building Center.
 - **Lone Pines DNR trails:** (231) 989-3541
Cross-country ski trails in winter
Nature trails in summer
Cost: **Free**
 - **Otsego County Sportsplex** walking track-located around ice arena
Open to public
Times: 7 days/week
Cost: **Free**
 - **Gaylord High School** Walking in Halls
Open to community
Hours: Mon-Thurs. 6:00 pm- 9:00pm
Cost: **Free**
 - **Aspen Park**
Tennis courts, paved and lighted walkways
Winter: Cross country skiing on lighted path

Community Pool

Otsego County Sportsplex. Punch cards available for use of any facility in Sportsplex (989)731-3546
Open to public
Open swim times vary- cost varies. Website: www.ocsportsplex.com
Punch Cards 24 visits \$70.00 Residents \$80.00 Non Residents
Punch Cards 12 visits \$40.00 Residents \$45.00 Non Residents

Aqua Fit Class

Tues, Thurs. 7am-8am

Mon, Wed, Fri 10am-11am

Drop Ins \$5.00

Gymnasiums

- **Otsego Co. Community Center.** Ph: (989) 732-6521
Step aerobic, Pilates : times/days vary-call for schedule
Cost: \$30.00 per 6 week session
Open gym: varies around other programs. Usually 10:00-3:00pm for adults.
Cost: **Free**
- **Curves** for Women
Hours: Mon – Fri 8:00am-1:00pm – 3:00pm – 7:00pm
Sat. 9:00 am – 12:00 pm
Cost: \$149.00 start-up fee; \$34.00/mo -Specials advertised monthly
Location: Gaylord- Ph. (989) 731-5310
Grayling- Ph (989) 348-1055
- ***Nautilus Fitness System Health and Racquet Club***- Gaylord
Hours: Mon, Tues,Wed, Fri 6:00 am- 8:00 pm
Thurs 10:30-8:00pm
Sat 8:00am – 12:00pm
Sun 10:00am-12:00pm
Exercise equipment: \$90.00 for 3 months, call 989 732-5820 for an appointment.
Please identify yourself as a Northern Health Plan member.

Racquet ball
court rental \$10.00 per hour
plus \$ 3.00 per person service fee for non-members
- ***Power House Gym***
989-732-0744
Hours: Mon- Thurs 5:00 am- 9:00 pm

Fri 5:00 am- 8:00 pm

Sat 8:00 am- 2:00 pm

Sun 10:00 am- 3:30 pm

Cost: \$130.00 for 3 months

Weights, aerobics, classes available

Weight Reduction

- **Weight Watchers**

1-800-651-6000

Days and times vary by location. Gaylord Wed 12:00, or Thurs 5:30 at the United Methodist Church.

- **Take Off Pounds Sensibly (TOPS)**

Wednesdays 8:30 a.m. weigh-in 9:30 a.m.meeting Church of the Nazarene, Wilkinson Rd.

Thursdays 6:00 pm weigh-in 6:30 meeting. St. Andrew's Episcopal Church

- **Registered Dietician**

Available via OMH by appointment

989-731-2100

Smart weigh classes-

& other Calendar of events items www.gaylordhospital.org/events.php

Smoking Cessation

- **Otsego Memorial Hospital**

Freedom From Smoking Program

6 week program

Cost: \$25.00

OMH Health Education Office Ph: (989) 731-2193

- **Freedom From Smoking Program Online** – American Lung Association

www.ffsonline.org www.quitnet.com

No time limitations, online support group available

Cost: **Free**

- **American Lung Association Self-Help**

Ph: 1-800-548-8252

Counselors available Mon- Fri 7:00 am- 7:00 pm

- **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

- **Michigan Department of Community Health**

Free Quit Kits

Ph: 1-800-537-5666

Counselors available Mon- Fri 8:00am- 5:00 pm

Transportation

- **Otsego County Bus System**

(989) 732-6224

11/12/07