

Exercise & Fitness Classes

- ‡ Calista Marie's School of Dance • 845-6914
- ‡ Community Education Leisure & Enrichment Classes • 757-3471
- ‡ Feldenkrais ATM Classes • 510-5800
www.bodyworkbyjudith.com
- ‡ Flipstar Gymnastics Academy • 845-1385
- ‡ Freedom Martial Arts • 845-6900
www.freedommartialarts.net
- ‡ Letha Fulton School of Dance • 845-1491
(also offer Pilates & Zumba instruction)
www.lethafultonschoolofdance.com
- ‡ Ludington Fitness • 690-3188
(new beginning classes, zumba & hula hooping)
www.ludingtonfitness.com
- Mason County District Library • 843-8465
(classes for kids)
- ‡ Smiling Lotus Yoga • 852-0849 (also offering Hula Hooping classes) • www.smilinglotusyoga.com
- ‡ WSCC Community Service Classes • 843-5543

Health Clubs/Gyms

- ‡ America's Fitness Center • 866-538-8067
www.afcmichigan.com
- ‡ Curves For Women • 843-6694
www.curvesforwomen.com
- ‡ Health & Racquetball Club • 845-5441
- ‡ West Shore Community College Recreation & Wellness Center • 843-5543 and 843-5560
www.westshore.edu/home.php/web/recreation
www.westshore.edu/home.php/web/wellness/fees

Tennis

- ‡ Health & Racquetball Club • 845-5441
- ‡ Lincoln Hills Tennis Courts (semi-private) 843-4666
- McPhail Field on US 10 • 757-3713
- Oriole Field on Tinkham Ave • 845-3811
- Schoenherr Tennis Center on Tinkham Ave 845-3811
- Summit Park on South Lakeshore Drive • 845-6304

Local Recreation Programs & Clubs

- Mason County Disc Golf Organization • 843-4993
- Shoreline Cycling Club • www.shorelinecyclingclub.org
- City of Ludington Recreation Program • 845-6237
(t-ball, softball and baseball programs, youth basketball, tennis, volleyball, cheer clinics, swim teams, lessons, water aerobics)
- City of Scottville Recreation Program • 757-4729
(youth t-ball, softball and baseball programs)
- American Youth Soccer Organization (Phil Yarbrough) • 757-9814

Resources for Recreation on Public Lands in Mason County

- Get Off the Couch • www.getoffthecouch.info
- Manistee National Forest • www.fs.fed.us/r9/hmfnf
- Ludington State Park • 231-843-2423
www.michigandnr.com/parksandtrails/
- Michigan Department of Natural Resources
www.michigan.gov/dnr
- North Country Trail • www.northcountrytrail.org/
- Pere Marquette River
www.nps.gov/rivers/wsr-pere-marquette.html

Local Events

- New Year's Resolution Run (January)
- FiveCAP Walk for Warmth (February)
www.fivecap.org/overview.htm
- Gus Macker 3-on3 Charity Basketball Tournament (June) • www.macker.com
- Lakestride Half Marathon & 5K (June)
www.classicrace.com
- Relay for Life (June)
www.relayforlife.org/relay/node/1712
- Ludington Lighthouse Triathlon (August)
www.3disciplines.com
- Make A Difference Bike Ride (August)
<http://helpmadride.com/index.html>
- Alzheimer's Memory Walk (September)
www.alz.org/memorywalk

To make additions or corrections to this listing, contact the Ludington & Scottville Area Chamber of Commerce at 231-845-0324. Current listing includes activities and facilities in Mason County.

‡ Fee required



www.ludingtondailynews.com/wellness

Physical Activity Resource Guide for Mason County

231.845.2222 or 800.343.9566

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Win-with-Wellness**

“A free community-wide initiative designed to enhance healthy living through the promotion of wellness”



Public Parks

- Buttersville Park & Beach on South Lakeshore Drive, 843-3943
- Copeyon Park on South Washington Ave, 845-6237
- Hamlin Lake Beach at Ludington State Park, 843-2423
- Kibby Creek Park on Pere Marquette Hwy, 843-6304
- Lake Michigan Recreation Area on Forest Trail Rd off US 31, 723-2211
- Ludington City Park on West Ludington Ave, 845-6237
- Ludington State Park at north end of M-116, 843-2423
- Mason County Picnic Area on West Chauvez off Pere Marquette Hwy, 845-7609
- Memorial Tree Park on N. Washington Ave, 843-9361
- Nordhouse Dunes Wilderness Beach at west end of Nurnberg Rd, 723-2211
- St. Mary's Park on Marrison Rd, 745-2888
- Scottville Riverside Park on South Scottville Rd, 757-2429 (park office) or 757-4729 (City office)
- Sheridan Township Park on Round Lake on Dewey Rd, 462-3565
- South Bayou Park on North Lakeshore Drive at Stearns Rd, 845-7801
- Stearns Park Beach on North Lakeshore Drive, 845-6237
- Summit Township Park & Beach on South Lakeshore Drive, 845-6304
- Suttons Landing, 843-2704
- Victory Township Park on Upper Hamlin Lake, 843-8065
- Waterfront Park on South William Street, 845-6237
- Wilson Hill Park on Upper Hamlin Lake, 845-2719

Swimming

- ‡ Donald C. Baldwin Community Pool • 845-5017 or 845-3811
- ‡ West Shore Community College Pool • 843-9712
- ‡ Ramada Inn Pool • 845-7311

Playgrounds

- American Legion on James Street
- Elementary Schools throughout the County
- Stearns Park Playground
- Waterfront Park Playground on William Street
- McPhail Field on US 10 in Scottville
- Scottville Riverside Park

Walking & Hiking

- Cartier Park Pathway on South Rath
- Lake Michigan Recreation Area on Forest Trail Road, Free Soil
- Ludington Area School Forest (trailheads located at Tinkham & Sherman or Jebavy from Disc Golf Course entrance)
- Ludington State Park on M-116 (18 miles of marked foot trails)
- North Country Trail – local trailheads on South Branch Rd, US 10 at Timber Creek Campground and Free Soil Rd.
- Nordhouse Dunes Wilderness Area on Nurnberg Road, Free Soil
- Scottville Riverside Park on South Scottville Road
- Waterfront Walkway (extends through downtown Ludington, Waterfront Park, to the south end of William St. and north to Stearns Park)

The following local schools are open for indoor walking during the cold weather months. The schools are not open on days when classes are not in session, including snow days.

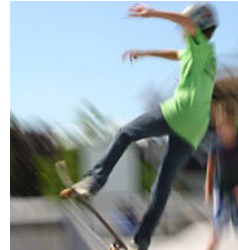
- Mason County Central Middle School M-F from 4pm-6pm • 757-3713
- Mason County Eastern – M-F from 3:30pm-5pm • 757-3735
- Ludington High School – M-F from 4pm-7:30pm • 845-3811

Skateboarding

- Ludington Skate Plaza
- @ Stearns Park Beach

Roller Blading

- Cartier Park Pathway



Ice Skating & Hockey

- ‡ West Shore Community Ice Arena • 843-9712 • www.westshore.edu/home.php/icearena

Skiing & Snowshoeing

- Ludington State Park Ski Trail
- Ludington School Forest
- ‡ Provisions Sport Shop (offers cross-country skis and snowshoe rental) • 843-4150
- Scottville Riverside Park

Disc Golf

- Mason County Park on Chauvez Road
- Leviathon at Ludington School Forest on Jebavy Drive

Golf

- Make the most of your game by walking the course!
- ‡ Hemlock Golf Club • 845-1300
www.hemlockgolfclub.com
 - ‡ Lakeside Links • 843-3660 • www.lakesidelinks.com
 - ‡ Lincoln Hills Golf Club (semi-private) • 843-4666 • www.lincolnhillsgc.com

Bicycling

- Cartier Park (paved)
- Ludington State Park (on paved pathways)
- Ludington School Forest Trail (see posted signs for mountain bike trails)
- North Country Trail (mostly open to mountain biking)

Canoeing & Kayaking

- ‡ Henry's Landing Canoe Rental • 757-3269
- ‡ Ludington State Park Canoe Rentals • 845-8582
- ‡ Pere Marquette Expeditions 845-7285
www.pmexpeditions.com
- ‡ River Run Livery • 757-2266
www.riverruncanoerental.com
- ‡ Trailhead Bike & Kayak (rentals available) • 845-0545



Additional Athletic Facilities

- Contact local school athletic departments to check for availability of gymnasiums and baseball, basketball, football, or soccer fields.
- City of Ludington • 845-6237 (call for use of the Youth Softball and Baseball Fields)
 - Mason County Central School • 757-4748 (Weight room, cross-country course and track available to MCE district residents by arrangement.)
 - Mason County Eastern • 757-3735
 - Ludington High School • 845-3811

Baseball/Softball Fields

- Memorial Tree Park
- Summit Township Park
- Wilson Hill Park

Basketball Courts

- West Shore Community College Recreation Center
- Scottville Riverside Park
- Lakeview Elementary
- Tinkham Outdoor Basketball Court