



# AUGUST 2014

## brenda's lansing area series

# HAPPY SUMMER!

**Tuesday, August 5 5:45pm - 7pm**

Lansing River Trail (Old Town) - E Grand River Ave & Turner St, Lansing - Meet at back of parking lot (Grand River Access Point).

**Thursday, August 7 5:45pm - 7pm**

McNamara Canoe Landing - east side of Columbia & Waverly Roads, Meet in parking lot.

**Saturday, August 9 9:00am - 10:30am**

**FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness!**

Sleepy Hollow State Park, Laingsburg, MI ~ Class will meet and depart from the parking lot just south of the main entrance to Sleepy Hollow State Park. A Recreation Passport is required for parking (available for purchase at any State Park headquarters during normal business hours).

**Tuesday, August 12 5:45pm - 7pm**

Sharp Park - Lansing Charter Township, Meet at parking lot near the playground and start of the trail. As you enter the park, follow the one way route around the curve and parking lot will be on the right before the pond.

**Thursday, August 14 5:45pm - 7pm**

Anderson Nature Park - 5317 Old Lansing Rd, Lansing, Meet in parking lot at Fire Station.

**Tuesday, August 19 5:45pm - 7pm**

Inter Urban Pathway - Corner of Raby Rd & Marsh Rd, Haslett - Park in front of the Laundry Mat and side of Famous Taco.

**\* BREAK \***

**Thursday, August 21 | Tuesday, August 26  
Thursday, August 28 | Tuesday, September 2**

**\* BREAK \***

**Thursday, September 4 5:45pm - 7pm**

Hawk Meadows Park, 6160 Delta River Drive, Lansing, - Meet in parking lot.

**\*\*\* SAVE THE DATE IN SEPTEMBER\*\*\***

**Saturday, September 13 10:00am - 11:30am**

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***OUR \$40/5 SESSIONS PUNCHCARDS MAKE GREAT GIFTS!***

# ecotrekfitness.com