



# JULY 2014

## brenda's lansing area series

# HAPPY SUMMER!

**Tuesday, July 1 5:45pm-7pm**  
Anderson Nature Park  
5330 Old Lansing Rd, Lansing, Meet in parking lot at Fire Station.

**Thursday, July 3 EcoTrek Break -  
Have a Happy Fourth of July!**

**Tuesday, July 8 5:45pm-7pm**  
Inter Urban Pathway  
Corner of Raby Rd and Marsh Rd, Haslett, Park in front of the Laundry Mat and side of Famous Taco.

**Thursday, July 10 5:45pm-7pm**  
Hawk Meadows  
6160 Delta River Drive, Lansing, Meet in parking lot.

**Saturday, July 12 9:00am-10:30am**  
**FRESH AIR FITNESS with DNR!**  
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, July 15 5:45pm-7pm**  
Lansing River Trail (Red Cedar)  
S Clippert St , Meet in parking lot. Parking lot is located at the end of S. Clippert Street just beyond Whiskey Barrel Saloon.

**Thursday, July 17 5:45pm-7pm**  
Woldumar Nature Center  
5739 Old Lansing Road, Lansing Charter Township, Meet in parking lot (side near the road).

**Tuesday, July 22 5:45pm-7pm**  
Scott Woods Park towards Potter Park  
Meet at small parking lot at end of 2600 Clifton Avenue. Parking is also available in big parking lot behind McLaren Orthopedic Hospital off from Pennsylvania.

**Thursday, July 24 5:45pm-7pm**  
The Hills of Mount Hope Cemetary  
from Scott Woods Parks  
Meet at small parking lot at end of 2600 Clifton Avenue. Parking is also available in big parking lot behind McLaren Orthopedic Hospital off from Pennsylvania.

**Tuesday, July 29 5:45pm-7pm**  
Lansing River Trail at Maguire Park  
4900 Aurelius Rd Lansing, Meet in parking lot.

**Thursday, July 31 5:45pm-7pm**  
Carl G Fenner Arboretum (Fenner Nature Center)  
Lansing Charter Township, MI , Meet in parking lot just beyond the Visitor Center.

**\*\*\* SAVE THE DATE IN AUGUST\*\*\***

**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).

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

# ecotrekfitness.com