

MARCH ECOTREK SCHEDULE '10

lakeshore • holland • n. muskegon

www.ecotrekfitness.com

ANY 4 TO 7 SESSIONS = \$10 EACH, PRE-PAID
ANY 8 TO 10 SESSIONS = \$9 EACH, PRE-PAID
ANY 11 OR MORE SESSIONS = \$8 EACH, PRE-PAID

LORI: Monday, March 1 6:00pm-7:15pm
Pere Marquette Park • Beach St., & Lakeshore Dr., (park West of Margaret Drake-Elliott Park, by the boardwalk/channel)

CARI: Tues March 2 5:45am-7am • Kitchel Lindquist Dune Preserve near North Shore Marina, Berwyk St., take Northshore from 174th

CARI: Wed March 3 6pm-7:15pm • Duncan Woods - on Sheldon just north of Taylor, Grand Haven, SPECIAL POST-WORKOUT TREAT!

CARI: Thur March 4 5:45am-7am • Chinook Pier, Grand Haven meet under farmer's market canopies, Jackson turns into Harbor

AMY: Thurs. March 4 6:15 pm-7:30 pm
Upper Macatawa Natural Area • 84th St. North of Adams

AMY: Sat. March 6 ****NO SESSION IN HOLLAND SERIES****
(check out the North Muskegon Series at Beachwood - roadtrip!)

LORI: Saturday, March 6 8:00am-9:15am • Beachwood Park Beach St. at Resort St, Muskegon (sledding area, park by the playground)

CARI: Sun March 7 8:00am-9:15am • CARI'S BIRTHDAY SESSION!
(I turn 40 again on March 6, let's celebrate the miracle of getting younger with age!)
\$5 PER PERSON SPECIAL! ~~~ Kirk Park
Lakeshore Dr. 2 miles south of Lake Michigan Dr., Grand Haven

LORI: Monday, March 8 6:00pm-7:15pm
Goodrich Park • 100 N. Lake St., Whitehall (next to the marina)

CARI: Tues March 9 5:45am-7am • Spring Lake Central Park next to ACE Hardware, park by the baseball field

CARI: Wed March 10 6pm-7:15pm • Hofma Park
15581 Ferris St. between 160th and 152nd, Grand Haven

CARI: Thur March 11 5:45am-7am • Grand Haven State Park parallel park in front, along Harbor Dr. near the park entrance

AMY: Thurs. March 11 6:15 pm-7:30 pm
Laketown Beach • 6710 142nd Ave.

LORI: Saturday, March 13 8:00am-9:15am • Norman F. Kruse Park Sherman St. at Beach Rd., Muskegon
(Park to the left, "old" Bronson park/dog beach)

AMY: Sat. March 13 8:45 am-10:00 am
Sanctuary Woods • 4750 66th St. at west end of 32nd St, Laketown Twp., park along road

CARI: Sun March 14 8:00am-9:15am • Duncan Woods on Sheldon, just north of Taylor, Grand Haven

LORI: Monday, March 15 6:00pm-7:30pm
Pere Marquette Park • Beach St., & Lakeshore Dr., (park West of Margaret Drake-Elliott Park, by the boardwalk/channel)

CARI: Tues March 16 5:45am-7am • Pomona Park Park St. & Third St., west of library, Fruitport

CARI: Wed March 17 6pm-7:15pm • **HAPPY ST. PATRICK'S DAY!**
Coast Guard Park • 18161 North Shore Dr.
1 mile west of 174th Ave/Grand Haven Rd., Ferrysburg

CARI: Thur March 18 5:45am-7am • Grand Haven Central Park Corner of 5th St. & Columbus, park in lot on NE corner, GH

AMY: Thurs. March 18 6:15 pm-7:30 pm • Kollen Park Van Raalte Ave., at the west end of 10th St., park in 1st parking lot to the right

***** Happy One Year Birthday North Muskegon Series*****

Special \$1.00 per person rate!!!

Saturday, March 20 8:00 am-9:15 am • Beachwood Park Beach St. at Resort St, Muskegon (sledding area, park by the playground)

AMY: Sat. March 20 8:45 am-10:00 am
Van Raalte Farm • 16th St. parking lot

CARI: Sun March 21 8:00am-9:15am • Kitchel Lindquist Dunes near North Shore Marina, Berwyk St., take Northshore from 174th

LORI: Monday, March 22 6:00-7:15pm
Muskegon Lake Nature Trail • SE Corner of Lake Ave & Whitehall Rd./Causeway, across from Rite Aid, dirt parking area

CARI: Tues March 23 5:45am-7am • Spring Lake Central Park next to ACE Hardware, park by the baseball field

CARI: Wed March 24 6pm-7:15pm • Lake Harbor Dunes Lake Harbor Dr., just north of Maranatha, Norton Shores

CARI: Thur March 25 5:45am-7am • North Pier Fisherman's Lot-Northshore Dr. from 174th, past North Shore Marina, west on "Main"

AMY: Thurs. March 25 6:15 pm-7:30 pm
Stu Visser Trail (formerly Pine Creek Trail)
Ottawa Beach Road, east of Beechwood Church

LORI: Saturday, March 27 8:00am-9:15am • Snug Harbor Scenic Drive, North Muskegon, Boat Launch & Picnic Area: park to the right, by the restrooms

AMY: Sat. March 27 8:45 am-10:00 am
Mt. Pisgah • Parking near Black Lake Ave. & Ottawa Beach Rd.

LORI FOR CARI: Sun March 28 8:00am-9:15am • Rosy Mound Dunes 13925 Lakeshore Dr. GH • Guest Leader Lori McCollum (county park sticker NOT needed this time of year)

LORI: Monday, March 29 6:00-7:15pm • Heritage Landing Shoreline Drive, use the entrance across from 7th Street

CARI: Tues March 30 5:45am-7am • Petty's Bayou Boat Launch Fruitport Rd. just north of Spring Lake Country Club, east side

CARI: Wed March 31 6pm-7:15pm • Black Creek Road (Hoffmaster Trailhead) park along Black Creek just south of Pontaluna