



# MAY 2014

## brenda's lansing area series

Thursday, May 1 5:45pm-7pm  
Woldumar Nature Center \* Old Lansing Road, Lansing Charter Township - Meet in parking lot (side near the road)

Tuesday, May 6 5:45pm-7pm  
Lansing River Trail at Maguire Parking Lot \* 1975 E. Jolly Rd, Lansing - Parking lot entrance is off Aurelius Rd behind the Garb Ko. Meet in parking lot.

Thursday, May 8 5:45pm-7pm  
Lansing Fenner Nature Center \* 2020 Mount Hope, Lansing - Meet in parking lot just beyond the Visitor Center.

Tuesday, May 13 5:45pm-7pm  
Lansing River Trail (Old Town) \* Grand River Access Point at corner of Grand River and Turner St. in Old Town - Meet at back of parking lot.

Thursday, May 15 5:45pm-7pm  
McNamara Canoe Landing \* 6446 Columbia Hwy, Eaton Rapids - Meet in parking lot.

Saturday, May 17 10:30am- noon  
**FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness!**  
**Sleepy Hollow State Park, Laingsburg** - 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, May 20 5:45pm-7pm  
Sharp Park \* 1399 Elmwood Rd, Lansing - 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, May 22 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.

Tuesday, May 27 5:45pm-7pm  
Hawk Meadows Park \* 6160 Delta River Drive, Lansing - Meet in parking lot.

Thursday, May 29 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.

**\*SAVE THE DATE\*** Saturday, June 14 10:00am  
FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness!

**\*SAVE THE DATE\*** Saturday, July 12 9:00am  
FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness!

**\*SAVE THE DATE\*** Saturday, August 9 9:00am  
FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness!

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# ecotrekfitness.com