



# FALL *thru* SCHEDULE *October 30th*

## brenda's lansing area series

*Come EcoTrek with us this fall!*

Tuesday, September 30 5:45pm-7pm  
Carl G Fenner Arboretum (Fenner Nature Center) - Meet in parking lot just beyond the Visitor Center.

Thursday, October 2 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).

Tuesday, October 7 5:45pm-7pm  
McNamara Canoe Landing - Meet in parking lot.

Thursday, October 9 5:45pm-7pm  
Sharp Park - 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.

Saturday, October 11 10:00am-11:30am  
**FRESH AIR FITNESS with DNR!**  
Ionia State Recreation Area, 2880 West David Highway, Ionia – Class will meet and depart from the Sessions Lake main parking lot. A Recreation Passport is required for parking (available for purchase at any State Park headquarters during normal business hours). Please register by sending email to [info@ecotrekfitness.com](mailto:info@ecotrekfitness.com).

Tuesday, October 14 5:45pm-7pm  
Anderson Nature Park - Meet in parking lot at Fire Station.

Thursday, October 16 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, October 21 5:45pm-7pm  
Lansing River Trail (Red Cedar) - Meet in parking lot. Parking lot is located at the end of S. Clippert Street just beyond Whiskey Barrel Saloon.

Thursday, October 23 5:45pm-7pm  
Woldumar Nature Center - 5739 Old Lansing Road, Lansing Charter Twp - Meet in parking lot (side near the road).

Tuesday, October 28 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, October 30 5:45pm-7pm  
Lansing River Trail at Maguire Park - 4900 Aurelius Rd Lansing - Meet in parking lot.

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

# ecotrekfitness.com