



# SEPTEMBER 2014

## brenda's lansing area series

**Tuesday, September 2 EcoTrek Break**

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

Hawk Meadows Park, 6160 Delta River Drive, Lansing - meet in the parking lot

**Tuesday, September 9 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, September 11 5:45pm-7pm**

Woldumar Nature Center - 5739 Old Lansing Road, Meet in parking lot (side near the road).

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

**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, September 16 5:45pm-7pm**

Scott Woods Park towards Potter Park - 2608 Clifton Avenue, Lansing - 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, September 18 5:45pm-7pm**

Lansing River Trail at Maguire Park - 4900 Aurelius Rd Lansing - Meet in parking lot.

**Tuesday, September 23 5:45pm-7pm**

The Hills of Mount Hope Cemetary from Scott Woods Parks - 2608 Clifton Avenue, Lansing - 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, September 25 EcoTrek Break**

**Tuesday, September 30 5:45pm-7pm**

Carl G Fenner Arboretum (Fenner Nature Center) Lansing Charter Twp - Meet in parking lot beyond Visitor Center.

**Thursday, October 2 5:45pm-7pm**

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

**\*\*\*SAVE THE DATE\*\*\***

**FRESH AIR FITNESS with DNR! Join us for EcoTrek Fitness! Saturday, October 11 | 10:00am**

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

**ecotrekfitness.com**