STEP IT UP!
Fitness Challenge
Adventure Series

Group Activity Schedule

IMPORTANT GROUP ACTIVITY INFO

- Once the challenge begins, please be sure to register in advance for the group activities you can attend (including the group walks).
- You will receive an email on Monday mornings during the challenge with information about the upcoming group activities; registration links will be included in those emails. We will send a reminder email about the challenge on April 15.
- ***New this year*** - before each Ottawa County group walk there will be a short strength training session. This is optional.

Group Walks

Date	Strength	Group Walk	Park
Tuesday, April 23	5:30-5:45 pm	6-7:30 pm	Hemlock Crossing
Wednesday, April 24	n/a	6-7:30 pm	Outdoor Discovery Center (Allegan)
Thursday, May 2	5:30-5:45 pm	6-7:30 pm	Grand Ravines South
Wednesday, May 8	5:30-5:45 pm	6-7:30 pm	Pigeon Creek
Wednesday, May 15	n/a	6-7:30 pm	Farview Park (Allegan)
Saturday, May 18	1:30-1:45 pm	2-3:30 pm	Rosy Mound Natural Area
Wednesday, May 22	5:30-5:45 pm	6-7:30 pm	Kirk Park
Saturday, June 1	10-10:15 am	10:30 am-12 pm	Upper Macatawa Natural Area
Thursday, June 6	5:30-5:45 pm	6-7:30 pm	Ottawa Sands
Saturday, June 15	9:30-9:45 am	10 am-12 pm	Hemlock Crossing

Wrap up party! Join us for snacks, a walk, and other fun activities!

Group Adventures

Date	Group Activity	Time	Park
Saturday, May 4	Orienteering/ Navigation	2-4 pm	Van Buren Dunes
Saturday, May 11	Disc Golf	3-5 pm	Paw Paw Park East
Saturday, May 18	Mountain Bike	10 am-12 pm	Riley Trails
Saturday, May 25	Paddle (River)	10 am-12 pm	Connor Bayou
Saturday, June 8	Paddle (Lake)	9:30 am-12 pm	Schutmaat Park (Allegan)
Saturday, June 8	Trek/Thru Hike	10 am-2 pm	North Ottawa Dunes

Step it Up is brought to you by

miOttawa Department of Public Health

Allegan County events led by Outdoor Discovery Center