



Fitness Facilities and Clubs

Aspirus Keweenaw Fitness Center

342 Hecla Street, Laurium, MI 49913

(906) 337-7000

<http://www.aspiruskeweenaw.org/index.cfm?pid=48>

Awakening Heart Yoga

47964 Madeline Street, Houghton, MI 49931

(906) 487-6673

<https://www.facebook.com/ahyogahoughton>

Baraga County Memorial Hospital Fitness Center

17 W. Broad Street, L'Anse, Michigan 49946

(906) 524-2200

http://www.bcmh.org/RehabFitnessCenter_000.php

Calumet Golf Club

54270 Golf Course Road, Calumet, MI 49913

(906) 337-3911

<http://www.calumetgolfclub.com/>

Copper Country Cross Country Ski Trails

<http://www.coppercountry.com/CCCrossCountrySki.php>

<http://keweenawtrails.com/>

Crossfit Hakkapeliitta

404 East Montezuma Avenue, Houghton, MI 49931
(Next to Continental Fire Company)

<http://crossfithakk.com/contact/>

North Star Qigong & Tai Chi

414 Hecla Street, Laurium, MI 49913

906-370-3059

<http://www.northstarqtc.com/>

NuDay- Fitness & Nutrition

424 Hancock Street, Hancock, MI 49930

(612) 860-7166

<https://www.facebook.com/nudayfitness>

Quad Core Fitness Center

Michigan Tech

The QCFC is a residence hall student organization that has facilities in Wadsworth, McNair, Douglas Houghton, and Hillside Place. \$60/year membership fee includes 24-hour access.

qcfc@mtu.edu

Snap Fitness

850 W. Sharon Avenue, Houghton, MI 49931

(906) 483-0310

<http://www.snapfitness.com/gyms/houghton-mi-49931/1178>

Student Development Complex

Michigan Tech Recreation

(906) 487-2578

<http://www.michigantechrecreation.com/amenities/sdc/index>

Superior School of Dance and Gymnastics

101 Front St, Hancock, MI 49930

(906) 487- 9660

<http://superiordanceandgym.webs.com/contact-us>

UP Health System- Portage Fitness Center

921 W Sharon Avenue, Houghton, MI 49931

(906) 483-1149

<http://www.portagehealth.org/fitnesscenter/>

CLUBS

<http://www.keweenawnordic.org/about-us/>

Biking:

Monday Night Trekkers- Dan Dalquist
906-487-6211 (W)
906-482-8198 (H)
dand@chartermi.net

MTU Nordic Ski Club- Melissa Mack
mamack@mtu.edu
<http://ski.mtu.edu/>

Bike the Keweenaw
info@bikethekeweenaw.com
https://www.facebook.com/bikethekeweenaw/info?tab=page_info

Copper Country Cycling Club- Heath A. Nunnemacher
hanunnem@mtu.edu
<http://cycling.students.mtu.edu/index.htm>

Curling:

Gary Lassila, President
(906) 337-5582 or (906) 281-3456
thecoppercountrycurlingclub@gmail.com
gplassila@gmail.com
<https://sites.google.com/site/coppercountrycurlingclub/>

Ice Hockey:

Calumet Men's Slo-Puck- John Kirk
906-483-4998

Racquetball:

<https://www.involvement.mtu.edu/organization/racquetball>

Running:

<https://www.facebook.com/keweenawrunners>

Skiing:

Chassell Recreation Club- Jim Tervo
906-523-4884

Copper Country Alpine Ski Club- Susan Amato-Henderson and/or Dan Dalquist
906-487-6976 or 906-487-6211
dand@chartermi.net

Keweenaw Nordic Ski Club- Ruth Archer
raarcher@yahoo.com
www.keweenawtrails.com/knsc/index.html