



**NATIVE WAY FITNESS CENTER
8730 COMMERCE PARK
HARBOR SPRINGS, MI 49770
Gym Hours: Sunday – Saturday, 5:00 am – 12:00 am**

Guidelines to Applying for a Native Way Card

Have a physical performed no more than one year prior to your request to use the Native Way Gym. Provide a note for your file from your physician giving you permission to exercise with or without restrictions.

Attend a Native Way orientation. The date and time will be determined by the Community Wellness Advocate.

Complete the Native Way packet presented at the time of orientation.
Note: Native Way Rules are included in the packet.

Pay the required \$5.00 (five dollars) for your access card.

When all of these requirements are fulfilled you are eligible to use the Native Way Gym.

Native Way Two offers classes not associated with use of the exercise equipment. If you are interested in participating in any of the classes offered, contact Marlene Gasco, Community Wellness Advocate, at (231)242-1616 Monday – Friday 8:00am – 5:00pm.