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://keweenawtrails.com/

**Crossfit Hakkapelitta**
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 Wadworth, 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

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

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

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