

Local Free/Low Cost Events

Date/Time/Location	Event/Description	More Information/Cost
February 8 11am - 12pm Robert C Valade Park Beach 2670 E Atwater St, Detroit	Detroit Barre: Blend of pilates, balet, and yoga	Free, sign up online at: www.detroitbarre.com
February 16 8:30am - 11am 1201 Woodward Ave, Detroit	Wellness Workshop: Sunday morning yoga	Free, get tickets at: https://www.eventbrite.com/e/wellness-workshop-sunday-morning-yoga-tickets-90181728979
February 11 6pm Wellness Training Institute 39242 Dequindre Rd Ste 104, Sterling Heights	Brain Health Dinner seminar	Free (586) 554 - 7515 http://www.wellnesstraininginstitute.com/calendar
February 22 10am Hamtramck	Paczki Run - 5K	\$45 https://runsignup.com/Race/MI/Hamtramck/PaczKiRun
Tuesdays and Saturdays 5:45pm Rotating locations, refer to website Mt. Clemens	City Sneakers Running/ Walking Club 2, 4, or 6 miles	Free http://citysneakersclub.com/
Time and location varies, refer to website, upcoming yoga at Ferndale Public Library	Motor Om Yoga	Free - \$5 https://motorom.org/events
Saturdays 8am 441 W Canfield St, Detroit	RUNDetroit Group run/walk 3, 6, or 10 miles	Free
Tuesdays 6pm Rotating location, refer to website	Detroit Downtown runners and walkers	Free http://www.detroitdowntown-runners.com/
Sundays 6pm MOCAD	Yoga classes	Free to members, \$5 to community

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February 13 6pm - 9:30pm Royal Oak Farmers Market 316 E 11 Mile Rd	4th Annual Greater Detroit Vegbash	\$11 (includes \$5 in food credit) https://www.vegbash.com/greater-detroit-vegbash
March 1 8am Ally Detroit Center	Fight for Air Climb Detroit - American Lung Association	\$33 + \$100 in donations https://action.lung.org/site/TR?fr_id=19236&pg=entry
March 7 10:45am Lake St. Clair Metro Park 31300 Metro Parkway, Harrison Twp	Hoodie Hoo 5K/1 mile run or walk	\$2 - \$30 https://hoodiehoorun.com/
March 15 10:40am Michigan Central Station Michigan Ave & Vernor	St. Patrick's Parade Corktown Races: 1 mile, 5K Dublin Double	\$20 - \$40 https://www.corktownrace.com/
March 21 8:30am - 11am River Bends Park Hickory Grove Pavilion 5700 22 Mile Rd, Shelby Twp	Bad Bunny 5K: trail, paved, or both	\$29 - \$49 https://move-itfitness.com/races/bad-bunny-5k/