



**Wednesday, July 24 – Lake Lansing Park South – Presented in partnership with Meridian Twp.**

Community members are invited to hustle for new muscle at Lansing Flow! Explore the active lifestyle opportunities the Lansing region has to offer and meet local orgs and clubs who want to help you achieve wellness. Hosted at Lake Lansing, this unique lakeside experience will also offer opportunities to sail, paddle, pose, spin, beat, break, hoop, sashay and shimmy – followed up with an afterparty mixer where you can explore local eateries, rooftop bars and mingle with those who feel the Flow.

**Where can I park the night of the event?**

Parking is available in the park’s parking lot off Marsh Road for free, or you can take a free ride on a CATA bus to the event – park at the Meridian Mall, or anywhere along routes [22](#) or [23](#). *Note: You will need to pick up a pass ahead of time to claim a free ride.*

**What is proper attire for this event?**

Casual is best! There are bathrooms that can be used as changing rooms at the location of the event, so bring swimsuits or athletic gear that will allow you to be prepared for a variety of experiences in, on, and all around the lake.

**Am I allowed to bring guests?**

Yes! This event is FREE and is open to the public. Bring all of your friends and family! Please [register in advance](#) to prevent waiting in line. *Please note: Ingham County parks do not allow pets of any kind.*

**Is there a schedule or map of activities for the event?**

Yes, there is! Find it on the Facebook event, online at [Lansing501.com/LansingFlow](https://www.facebook.com/Lansing501.com/LansingFlow). Attendees will also receive a map of activities when they check-in at the actual event.

**Will I have to pay for anything?**

Admission to the event is free, as are all the included activities. Food will be available for purchase at the Lake Lansing Park South concessions stand, and food and drink is for sale at a number of local eateries outlined on the map.

**Is there a cost to sail, paddleboat or paddleboard?**

No, all watercraft and activities at this event are FREE! Tell your friends.

**When should I plan to arrive?**

Check-in begins at 5:01 p.m. The main portion of the event will officially conclude at 8 p.m. with a block party to begin alongside the park at 7:30 p.m. and going until the restaurants close.

**If I have other questions about this event, who do I contact?**

You can reach the Lansing 5:01 team at [contact@lansing501.com](mailto:contact@lansing501.com) or through the [Facebook event!](#)

