



FITNESS TRAIL

The Fitness Trail is .9 mile loop and consists of five workout stations. The Fitness Trail starts near the front of the Wellness Center. To complete a loop simply start at the Wellness Center and proceed to the first station just on the other side of the Tennis courts. Make your way along until you completed all forth station. Turn around at station five and make your way back again completing each station as you go. This full loop will complete the .9 mile course.

IMPORTANT: Each station will have instructions on how to properly use equipment. Please follow all instructions and use stations properly.

**For more information please contact
the Wellness Center at 828.694.3005**