

# LAFAYETTE PARK FITNESS TRAIL

Total Distance .8 miles



(850) 891-FUNN(3866)

Trail Contact: Chuck Goodheart 933-6631

## Legend

- City Park
- Watercourse
- Buildings
- Road Edge
- Fitness Trail

## Fitness Station

- 1 Stair Step
- 2 Hamstring, Hip Flexor Stretch
- 3 Mountain Climber, Pushup
- 4 Pullup
- 5 Vault
- 6 Lat Pull
- 7 Dip Station
- 8 Leg Lift Chair
- 9 Balance Leg Press
- 11 Crunch, Balance, Advanced Push Up
- 10 Low Lat Pull
- 12 Calf Raise, Stretch
- 13 Lateral Stretch, Chest Stretch, Back Stretch
- 14 Hamstring Stretch Bench
- 15 Quad Stretch

- Bench

- Ballfield

- Bridge

- Tennis

- Trailhead

- Playground

- Restroom

- Community Center

- Parking

- Drinking Water

