LAFAYETTE PARK FITNESS TRAIL

CITY OF TALLAHASSEE

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

- Bench
- Bridge
- TH Trailhead
- Restroom
- C Community Center
- P Parking
- W Drinking Water
- Ballfield
- Tennis
- Playground

N W E S

Feet
0 50 100 200 300 400

BEARD ST
INGLESIDE AVE
E 5TH AVE
N GADSDEN ST
MARTIN ST
WASHINGTON CT
WASHINGTON ST
WILLIAMS ST
CHERRY ST
EDGEWOOD ST