



3. Fitness Trail

Definition	An outdoor exercise course with fitness stations installed along a walking or a jogging trail.
Size	Length will vary depending on number of stations.
Possible Activities	Outdoor exercise
Location	On private property as part of residential development; or on public property as part of a regional trail system, the public park system or other urban settings.
Design Criteria	<p>Level surfaces are preferable to allow participation of the elderly and accommodate cyclists, joggers, skaters and walkers.</p> <p>Trail should include a multi-station fitness system to provide a balanced program for total fitness.</p> <p>Stations can consist of natural features (climbable rocks, trees) or manufactured products.</p> <p>Should include instructional signs and be designed for all ages and levels of physical fitness. Provide call boxes where appropriate.</p>
Components	Watering stations, instructional signage,

Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Fitness Trail	0	8	12	14	14	7



*Fitness trail station
City of Ocala, FL*