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**
Level surfaces are preferable to allow participation of the elderly and accommodate cyclists, joggers, skaters and walkers.

Trail should include a multi-station fitness system to provide a balanced program for total fitness.

Stations can consist of natural features (climbable rocks, trees) or manufactured products.

Should include instructional signs and be designed for all ages and levels of physical fitness. Provide call boxes where appropriate.

**Components**
Watering stations, instructional signage,

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**Supply Values**

<table>
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<tr>
<th></th>
<th>Tots</th>
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<th>Teens</th>
<th>Young Adults</th>
<th>Adults</th>
<th>Seniors</th>
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*Fitness trail station*
*City of Ocala, FL*