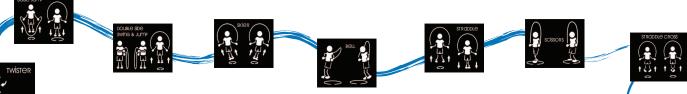


## Fitness FunZone Trail



An Environmental Solution to Daily Fitness Fun The physical activity trail was designed to accommodate 1 to 100 individuals of various fitness abilities.

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FITNESS TRAIL 1: FITNESS STATIONS

FITNESS TRAIL 2: JUMP ROPE STAT

3 no 3 3 1



1) 26 plastic stencils

- 2) 6 cans of contractor quality white spray paint
- 3) Paint machine
- 4) QR codes to scan with your smart phone to see demonstrations of each station
- 5) Suggested layouts

Skillastics

Peaceful Playgrounds 951-245-6970 http://www.peacefulplaygrounds.com/fitness-fun-zone-trail/

Fitness FunZone is a joint project developed by Melinda Bossenmeyer, Ed.D. - Founder of Peaceful Playgrounds and Sandy "Spin" Slade - Founder of Skillastics