

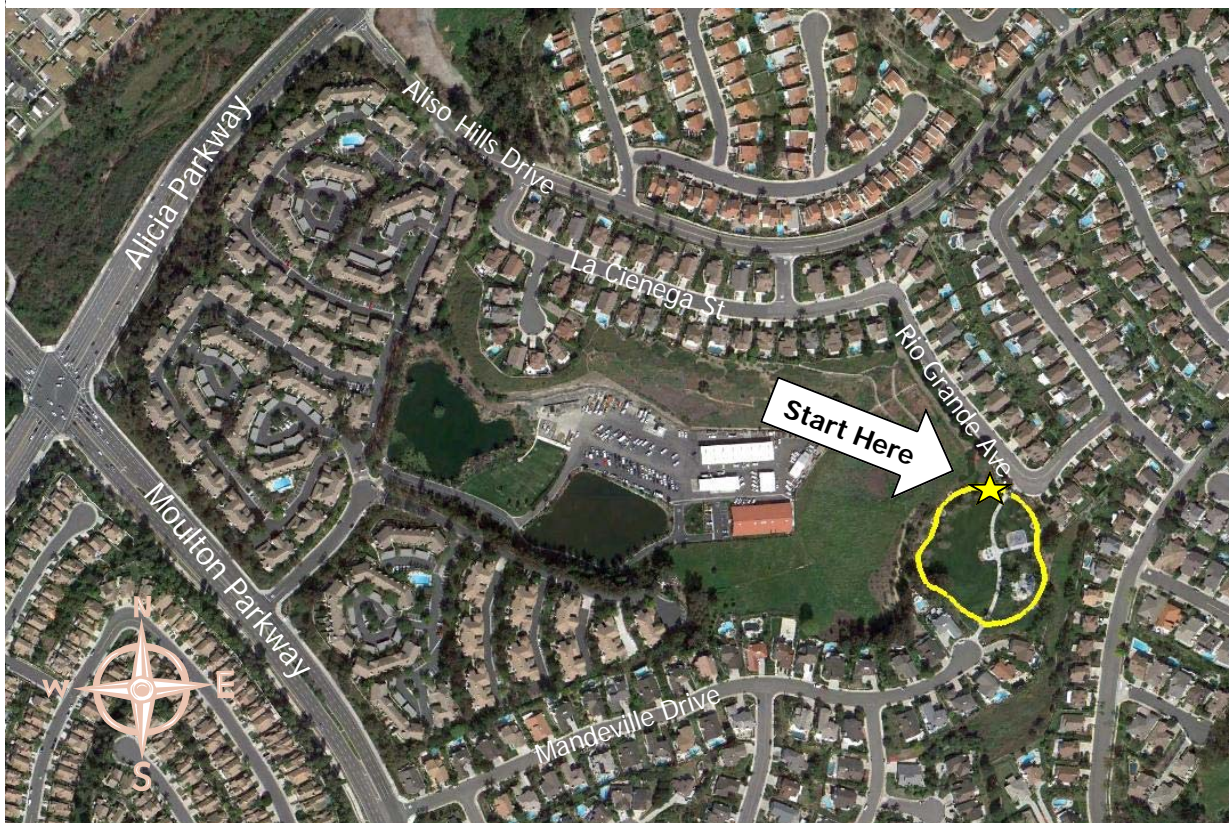


Work Out Walk

Located at Mandeville Park, the course offers 3 exercise stations that provide 2 opportunities each for exercise. This fun-filled walk begins on the park path. Each park loop equals a quarter of a mile.

Walkers should begin walking 4 loops or 1 mile and then continue, stopping at each station, to complete a different exercise with each stop. To complete all of the exercises, walkers will need to loop the park 2 more times, totaling another 1/2 mile. To conclude your Work-Out Walk, complete 2 additional laps. Get your heart pumping and enjoy this beautiful park setting while you work-out and walk!

The 2 mile route is on a flat paved surface. Dogs are allowed on leash.



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