Sandstone Fitness Trail

- Station 1, Calf Stretch
- Station 2, Upper Hamstring Stretch
- Station 3, Hamstring Stretch
- Station 4, Bent Knee Hang
- Station 5, Knee Lift
- Station 6, Quadricep Climb/Sit
- Station 7, Hamstring Pull
- Station 8, Pull-Up
- Station 9, Upper Stretch
- Station 10, Leg Stretch
- Station 11, Hand Walk
- Station 12, Shoulder Squeeze
- Station 13, Bar Jump
- Station 14, Body Raise
- Station 15, Body Tuck
- Station 16, Overhead Ladder
- Station 17, Balance Walk
- Station 18, Side Bend
- Station 19, Overhead Pull
- Station 20, Tension Release

Nature Trail Features
Fitness Trail Features