



LEGEND
 ——— FIT-TRAILS
 - - - NATURE TRAILS
 () COUNCIL RING
 (5) CIRCLED NUMBERS INDICATE EXERCISE STATIONS

EAST HILLS PARK
 DEPT. OF RECREATION
 AND PARKS, LIVINGSTON
 AND NEW JERSEY
 FIT-TRAIL - 1 MILE
 SCALE 1" = 300' 54.33 ACRES ±

Green Acres Grant

6/61

EAST HILLS PARK

FIT-TRAIL

DEPARTMENT OF RECREATION AND PARKS LIVINGSTON, NEW JERSEY

Fit-Trail is designed to develop total fitness. This means combining Cardiovascular Conditioning, Flexibility, and Muscle tone. Fit Trail balances those essential elements to maximize the training effect benefits.

The introductory station at the start of the course has three signs to explain how to use this course.

Each station along this course has one or more exercises and the 20 stations are numbered on the map. The actual stations are marked only with the exercise(s) and the consecutive number(s) of those exercises to be performed at the 20 stations. Care should be taken to do the exercise consecutively by number, especially in the areas where the trail doubles back on itself and exercise stations are doubled up.