




PETERS TOWNSHIP



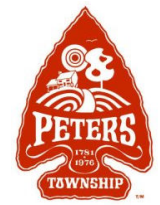
COMMUNITY RECREATION CENTER FITNESS TRAIL

September 2013

-  Trail Entrance
-  Restroom
-  Trail Path

FITNESS STATIONS

- | | |
|-----------------------------------|------------------------------------|
| 1 Hamstring Stretch | 10 Verticle Climb |
| 2 Balance Beam | 11 Hip Rotation and Chin Up |
| 3 Chin Up and Hip Rotation | 12 Horizontal Ladder |
| 4 Body Curl | 13 Beam Jump |
| 5 Vault Bar | 14 Stretch and Squat |
| 6 Leg Lift | 15 Sit Ups |
| 7 Hyperextension Bench | 16 Dip Station |
| 8 Push Ups | 17 Parrallel Bars |
| 9 Step Up | 18 Jump Up |



Community Recreation Center
700 Meredith Drive
Venetia, PA 15367

Phone: (724) 942-5000
Fax: (724) 941-6833

CRC Hours
Monday - Friday, 8:30 a.m. - 9:00 p.m.
Saturday, 9:00 a.m. - 5:00 p.m.
Sunday, 1:00 p.m. - 5:00 p.m.

Business Hours
Monday - Friday, 8:30 a.m. - 4:30 p.m.

