



# Parks and Recreation Department

Harrell Grove  
Enhancement project

# Harrell Grove Park

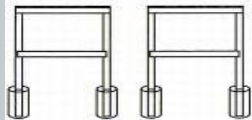


- 2-acres in size
- Concrete walking paths
- Swings and Spring Rocker
- Battery operated irrigation controller
- Large established trees

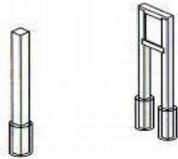
# Proposed Fit Trail Fitness Equipment



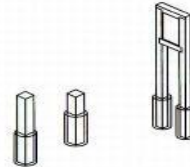
# Fit Trail 10-Station Course



**Introductory Signs**



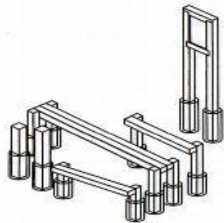
**Fitness Fact/ Calf Stretch  
Station 1-10 System**



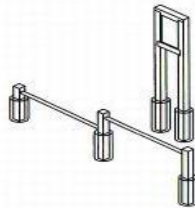
**Hamstring/Quadricep Stretch  
Station 2-10 System**



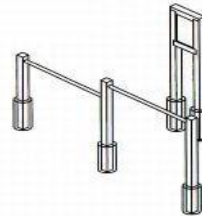
**Bent Knee Hang/Fitness Fact  
Station 3-10 System**



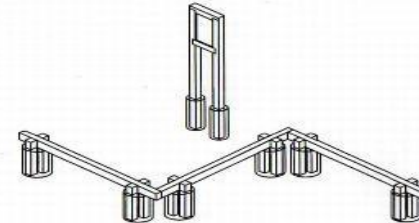
**Sit Up/Leg Raise  
Station 4-10 System**



**Leg Stretch/Push Up  
Station 5-10 System**



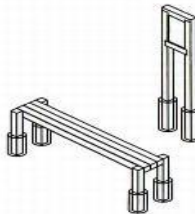
**Body Raise/Reverse Pull-Up  
Station 6-10 System**



**Balance Walk/ Heartbeat Check  
Station 7-10 System**



**Side Bend/Fitness Fact  
Station 8-10 System**



**Hamstring Pull/Lift & Drop  
Station 9-10 System**



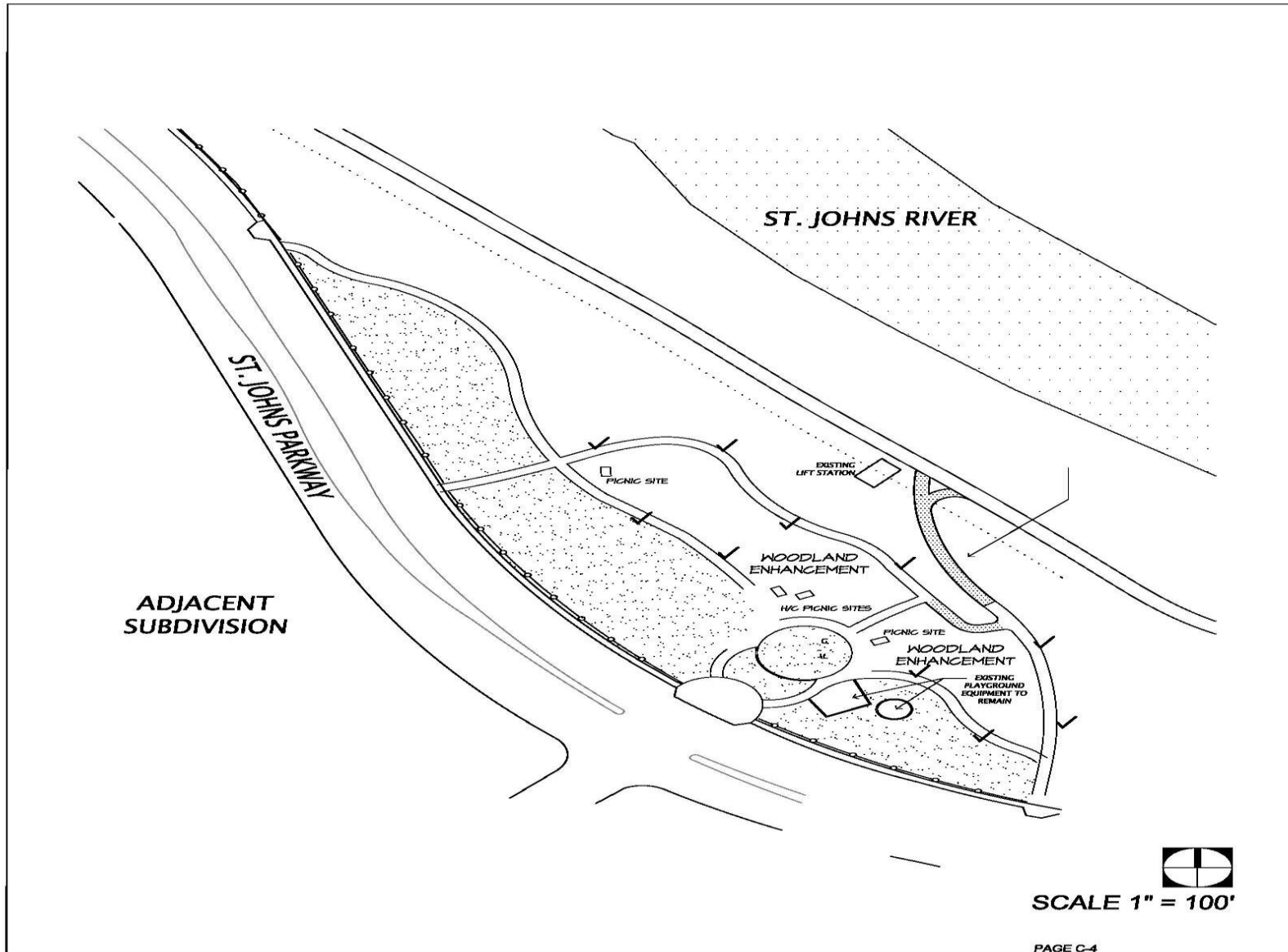
**Tension Release  
Station 10-10 System**



# New Irrigation



# Proposed Fitness Locations



# Questions?

