

# Lady Bird Johnson Park Neighborhood Fit Trail

## Lady Bird Johnson Municipal Park Neighborhood Fit Trail

**A**

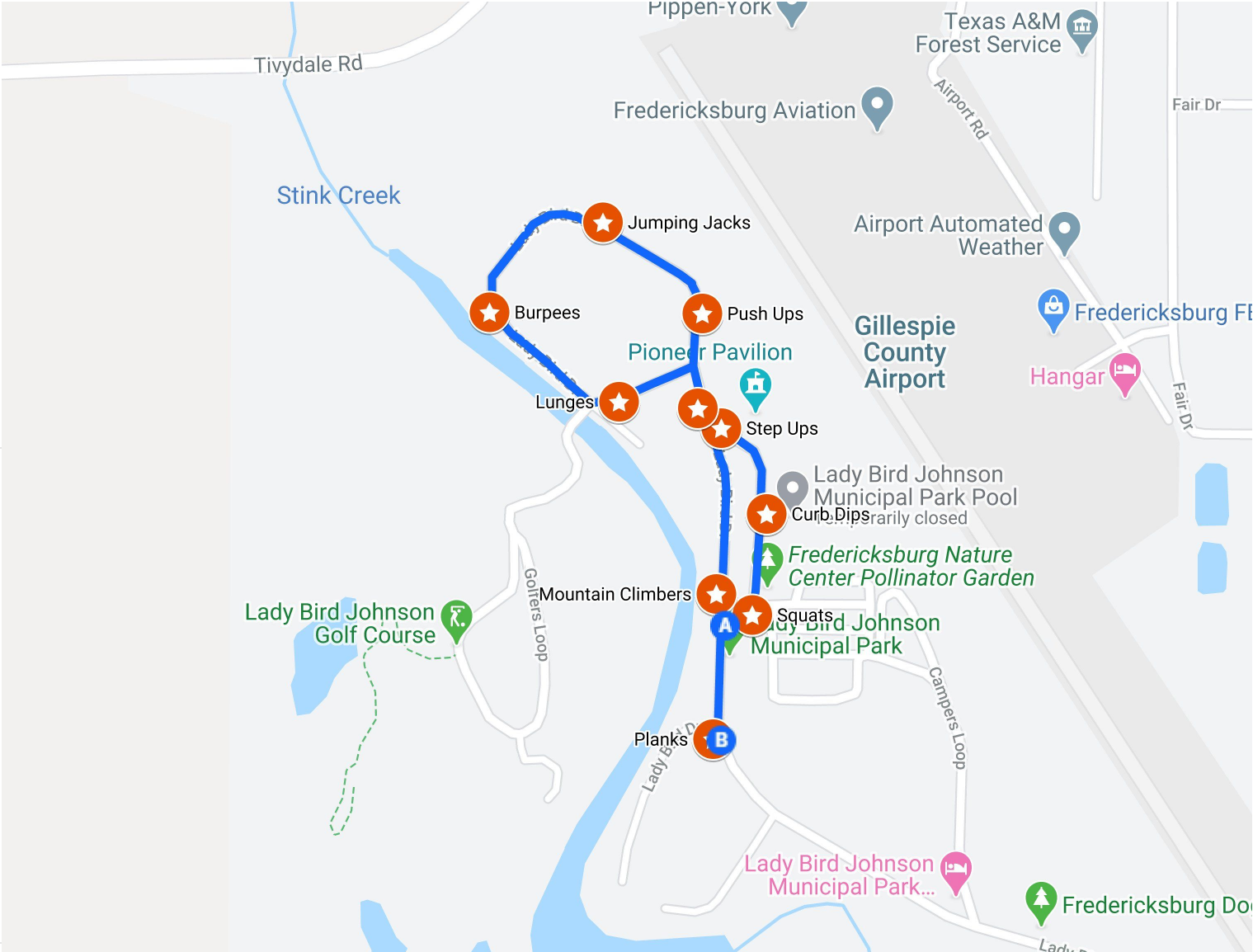
Lady Bird Johnson Municipal Park, Lady Bird Dr, Fredericksburg, TX 78624, USA

**B**

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## Fit Trail Stations

- ★ Jumping Jacks
- ★ Step Ups
- ★ High Knees
- ★ Squats
- ★ Lunges
- ★ Push Ups
- ★ Mountain Climbers
- ★ Curb Dips
- ★ Burpees
- ★ Planks



HCM Wellness Center and Lady Bird Johnson Park's Neighborhood Fit Trail