



# Senior Center/ Outdoor Fitness Stations Woodlawn Neighborhood Trek

Trek starts and ends at:  
S. Hadley Senior Center  
45 Dayton Street  
South Hadley, MA 01075  
Free parking available



The full route is approximately 2 miles; five fitness stations are available. Park at the Senior Center, whose outdoor seating area (pictured above left) is a good place to start and/or end the Trek. The **Red Loop** travels paved walkways around the Senior Center and the adjacent Little League field to Fulton Street. There are 3 fitness stations by the parking lot across from the main entrance, and 2 stations between the parking lot and the ballpark's outfield fence. Start with the one by Dayton street, or do them in any order. Then, walk down Fulton Street. Like most streets in this quiet, leafy neighborhood there are no sidewalks and traffic is mostly light. Turn right on busy Lyman Street (has a sidewalk) and continue to the marked crosswalk at the corner of Lexington Street. Use this crossing on your return, too. The neighborhood loop is into divided outbound and return sections, and they can be walked in either order. There is a modest hill on Mountain Avenue; to walk *down* the hill go out on the **Magenta Route** and return on the **Blue Route**. If you prefer to go *up* the hill, start on the **Blue Route** and return on the **Magenta Route**.

To avoid the hill, try walking on Camden Street instead of Mountain Road.

Map prepared by South Hadley Bike/Walk Committee | [www.southhadley.org/bikewalk](http://www.southhadley.org/bikewalk)

## Outdoor Fitness Stations Guide

See page 2 for more details about the five fitness stations, which may be used by all ages.



# Outdoor Fitness Stations Guide

South Hadley Senior Center  
45 Dayton Street, South Hadley, MA



**Station 1** · Adjacent to Dayton Street  
Welcome and Instructions  
Lower Body Seated Cycling  
PNF Exercises (Proprioceptive Neuromuscular Facilitation)



**Station 2**  
Hip Lift and Thigh Squeeze  
Push-Up  
Wobble Board



**Station 3**  
Tricep Strength and Torso Stability  
Squat Exercises  
Upper-Body Cycling Exercises



**Station 4**  
Weighted Squat  
Shoulder Stability and Strength  
Inverted Row and Core



**Station 5**  
Overhead Press (can also be used with a wheelchair)  
Stair Exercises  
Standing Stretches and Yoga Poses

There are 5 LifeTrail fitness stations designed for adults 50 and over, and each station has 3 panels. Each panel shows exercises at differing levels that can be done with its equipment. Start with the BASIC level. When you can complete all the repetitions and not feel challenged, move on to the next level (INTERMEDIATE, ADVANCED). *Always work within your ability.*