

# Fitness Trail at Barnes-Jewish St. Peters Hospital

Burn calories and enjoy the great outdoors!

We invite you to enjoy a leisurely stroll, eat lunch at a picnic table or do a circuit workout to get some outdoor exercise. Eight laps around this fitness trail are approximately 1 mile. Enter the trail from parking lot 4 or near Medical Office Building 2.

## For Your Safety

Please be aware of your surroundings when walking across a parking lot. Avoid looking at your mobile phone. When possible, use sidewalks to access the fitness trail. The path is stroller and wheelchair accessible.

### Fitness stops:

1. Ab station
2. Rower
3. Push Up Station



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**BARNES-JEWISH**  
*St. Peters Hospital*

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