



## Bonnet Creek Jogging Trail

### Directions:

At the bottom of the Front Drive, Follow the sidewalk along Chelonia Pkwy to the gazebo at Buena Vista Drive. (1.7 miles)  
*Full trail is 3.4 miles.*

### Caution:

Joggers, Runners and Walkers should stay on sidewalk and adhere to all traffic and warning signs. Be aware of others along sidewalk.

### Wellness Tips:

- Do a 3 minute stretch before your run.
- Stay hydrated and refill your water bottle before your run.
- Focus your mind on the moment.



For our Wellness Class Schedule, please scan the QR Code.  
All classes will meet and take place in the Wellness Studio on the 3rd floor.