Middlesex Community College
Fitness Trail Map

Key
- A, D, H, F, G, J = STUDENT PARKING (Lot D designated rows only)
- B, C1, C2, D, E, I, M = FACULTY/STAFF PARKING (Lot D designated rows only)
- D, K = VISITORS PARKING (Lot D designated rows only)
- = MCC Fitness Trail
- = Bay Circuit Trail

From start to finish, these Fitness Stations offer the following fitness and exercise options:

Station 1  Calf Stretch  Station 6  Body Raise/Reverse Pull-Up
Station 2  Hamstring/Quad Stretch  Station 7  Balance Walk
Station 3  Bent Knee Hang  Station 8  Side Bend
Station 4  Sit Up and Leg Raise  Station 9  Hamstring Pull/Lift/Drop
Station 5  Leg Stretch and Push-Ups  Station 10  Tension Release