St. Joe FIT 2015 is a FREE program designed to help participants live a healthy lifestyle. St. Joseph is proud to have over 16 miles of premier urban hike & bike trails.

On Tuesday evenings @ 6:30, St. Joe FIT walking and cycling groups will go for an hour long journey from a new starting point each week. By the end of the SJF 2015 season, these Trail Blazers will have covered the length of St. Joseph’s hike & bike paths.

On Thursday evenings @ 6:30 at the REC Center, attend “Eat Healthy, Be Active” classes. Learn healthy & tasty menu tips and other ways to choose a healthier lifestyle. Every other Saturday, St. Joe FIT will host FREE classes at the REC Center to boost your heart rate. Come to class ready to move!

All activities can be logged with 100 Missouri Miles for great prizes!

Be St. Joe proud with St. Joe FIT 2015! Explore new & FREE opportunities to stay healthy in St. Joseph!

St. Joseph Parks, Recreation & Civic Facilities at www.stjoe.mo.info ~ Government link
www.100missourimiles.com ~ Group, St. Joe FIT
Main Office 816-271-5500
REC Center 816-271-5512
Registration for St. Joe FIT 2015

To qualify for prizes, participants must register on the 100 Missouri Miles site, www.100missourimiles.com and sign up with our St. Joe FIT group. For help registering or logging miles please ask for assistance at events you attend. All registered participants will receive a FREE St. Joe FIT water bottle. St. Joe FIT short sleeve T-shirts can be purchased.

St. Joe FIT participants will be responsible for logging miles. Activities like aerobics and team sports can be converted to miles, so give yourself credit whenever you’re moving!

Weekly Trail Walks & Bike Rides

Join the Trail Blazers of St. Joe FIT. By the end of the St. Joe FIT 2015 season, the Trail Blazers will have walked or biked the entire distance of St. Joseph’s Hike & Bike Trails. St. Joseph Parks & Rec will lead the walks. Trips for Kids will lead the bike rides. Participants in Trips for Kids must complete a waiver for that program, which is operated by the St. Joseph Youth Alliance. Bicyclists (kids or adults) can bring their own bikes or youth bikes will be provided during the ride. Everyone must wear a helmet, they will also be provided to those who do not have one. Trips for Kids offers bike rides throughout the week. Join rides in addition to the St. Joe FIT Tuesday rides. For details, contact the St. Joseph Youth Alliance at sgood@youth-alliance.org or 816-232-0650.

Walk & Bike Locations: Meet/Park @ 6:30 pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 21</td>
<td>Corby Branch, North East Parkway</td>
<td>1.6 miles</td>
<td>Corby Pond</td>
</tr>
<tr>
<td>April 28</td>
<td>Corby Branch, North East Parkway</td>
<td>1.5 miles</td>
<td>Corby Pond</td>
</tr>
<tr>
<td>May 5</td>
<td>Corby Branch, Maple Leaf Parkway</td>
<td>1.4 miles</td>
<td>Corby Pond</td>
</tr>
<tr>
<td>May 12</td>
<td>Riverwalk Branch</td>
<td>2.1 miles</td>
<td>Heritage Park</td>
</tr>
<tr>
<td>May 19</td>
<td>South West Parkway, middle section</td>
<td>1.5 miles</td>
<td>Phil Welch Stadium</td>
</tr>
<tr>
<td>May 26</td>
<td>South West Parkway north</td>
<td>1.3 miles</td>
<td>Bartlett Park</td>
</tr>
<tr>
<td>June 2</td>
<td>South West Parkway south</td>
<td>2 miles</td>
<td>Hyde Park</td>
</tr>
<tr>
<td>June 9</td>
<td>Rock Island Branch, Golf Course to Belt</td>
<td>1.35 miles</td>
<td>REC Center</td>
</tr>
<tr>
<td>June 16</td>
<td>Noyes Branch</td>
<td>1.65 miles</td>
<td>Mark Twain School</td>
</tr>
<tr>
<td>June 23</td>
<td>Rock Island Branch, Skaith to Belt Bridge</td>
<td>1.4 miles</td>
<td>Skaith School</td>
</tr>
<tr>
<td>June 30</td>
<td>Rock Island Branch, Skaith to Route AC</td>
<td>1.5 miles</td>
<td>Skaith School</td>
</tr>
<tr>
<td>July 7</td>
<td>Mark Youngdahl Trail</td>
<td>2 miles</td>
<td>(lot west of 36th St, north of Charles)</td>
</tr>
<tr>
<td>July 14</td>
<td>Riverwalk Branch</td>
<td>2.1 miles</td>
<td>Heritage Park</td>
</tr>
<tr>
<td>July 21</td>
<td>Rock Island Branch, Golf Course to Belt</td>
<td>1.35 miles</td>
<td>REC Center</td>
</tr>
<tr>
<td>July 28</td>
<td>South West Parkway north</td>
<td>1.3 miles</td>
<td>Bartlett Park</td>
</tr>
<tr>
<td>August 4</td>
<td>South West Parkway middle</td>
<td>1.5 miles</td>
<td>Phil Welch Stadium</td>
</tr>
<tr>
<td>August 11</td>
<td>South West Parkway south</td>
<td>2 miles</td>
<td>Hyde Park</td>
</tr>
<tr>
<td>August 18</td>
<td>April 21 - Corby Branch, NW Parkway</td>
<td>1.6 miles</td>
<td>Corby Pond</td>
</tr>
<tr>
<td>August 25</td>
<td>Mark Youngdahl Trail</td>
<td>2 miles</td>
<td>(lot west of 36th St, north of Charles)</td>
</tr>
</tbody>
</table>

Prizes

Reach the following program goals to be eligible for different prize levels. Hit these marks to claim prizes!

100 Missouri Miles ~ win a Hooded Sweatshirt
50 Missouri Miles ~ win a Cloth Drawstring Bag
St. Joe Trail Blazer ~ A Special Distinction for conquering the entire length of the urban trail system ~ win a long sleeve T-shirt

St. Joe FIT FREE Classes

St. Joe FIT FREE Classes

REC Center from April 18 to Aug 22

Every other Saturday morning
fitness classes such as Zumba and Cardio Fit
Schedules available at REC Center

Each Thursday @ 6:30 p.m.
"Eat Healthy, Be Active"
Sign up by calling 816-232-1491