

FMWR Fitness Department

Black History Trail Walk

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The FMWR Fitness Department held its annual Black History Trail Walk on Saturday, February 20, 2016. This year's trail walk featured **43** registered Trail Blazers who embarked on an adventurous trail hike at Sesquicentennial Park.

Trail Blazers trekked 7.3 miles. Calories were burned and a great time was had.

Remember to join us next time for another physically fit adventure!

Please check out all the FMWR Fitness Departments upcoming events. Join us!



FMWR Fitness Department

Trail Blazers



Trail Blazers



Black History Trail

