

Wellness Walkers

Autumn 2020

Thursdays, 9:30-10:30am

Each week we will get our heart rate up and get moving – enjoying the outdoors in our community’s beautiful parks. Walks are guided and self-paced. Get to know the parks better and meet new people.

| Date | Meeting Point | Address | Path Description | Path Difficulty Rating* |
|--------------|---|---|---------------------|-------------------------|
| September 3 | Community Park Middle section by Atherton Amphitheater | 691 E. Dayton-Yellow Springs Rd, Fairborn | Paved | 1 |
| September 10 | Fox Run Park | 3358 Southfield Drive, Beavercreek | Natural | 1 |
| September 17 | Dominick Lofino Park | 640 Grange Hall Road, Beavercreek | Paved | 1 |
| September 24 | Phillips Park | 2090 Dayton-Xenia Road, Beavercreek | Natural | 1 |
| October 1 | Central Park | 222 S. Central Ave, Fairborn | Paved | 1 |
| October 8 | Indian Mound Reserve – Cedar Cliff Falls | 2750 US-42, Cedarville | Natural | 2.5 |
| October 15 | Fifth Third Gateway | 4231 Dayton-Xenia Road, Beavercreek | Paved | 1 |
| October 22 | Wedgewood Park (Entrance is off of Rawlings Dr) | 1424 Wedgwood Dr, Fairborn <small>(S Maple Ave toward Downtown, turn right onto Chatham Dr, turn right onto Rawling Dr, park is on the left)</small> | Natural | 2 |
| October 29 | E.J. Nutter Park | 865 Factory Road, Beavercreek | Paved & Natural | 1 |
| November 5 | Sara Lee Arnovitz | 350 Kinsey Road, Xenia | Natural & Boardwalk | 1 |
| November 12 | Oakes Quarry Park | 1267 E. Xenia Dr, Fairborn | Natural | 2 |
| November 19 | Caesar Ford Park | 520 S. Stringtown Road, Xenia | Natural | 2 |

***Path difficulty rating 1 (easiest) – 3 (most difficult). Ratings consider terrain, elevation changes, etc. Registration is requested in advance and can be done at www.gcparkstrails.com**



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