

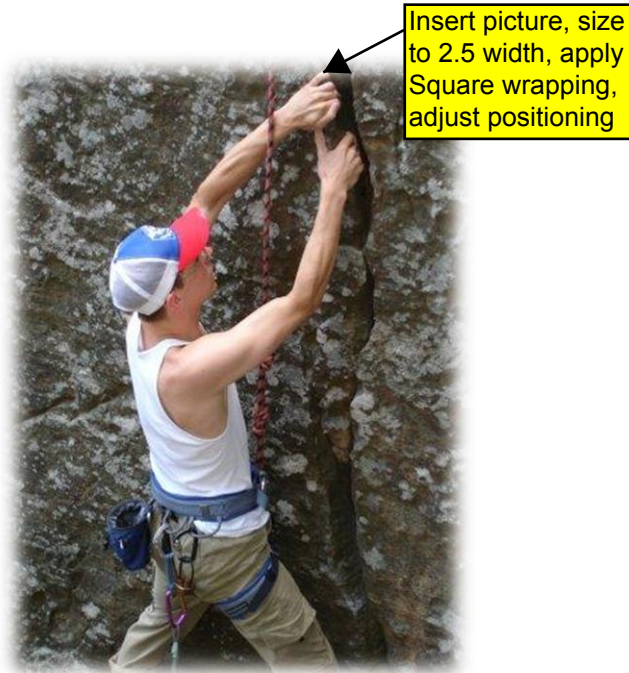
Aspen Falls Parks and Recreation

Fitness Programs

The Aspen Falls Parks and Recreation Department provides many fitness opportunities for the citizens of Aspen Falls and the surrounding area. In the 1,584 acre Aspen Falls Metro Park, these fitness opportunities include:

Area	Reservations	Description
Fitness Stations	No	A fitness trail begins behind the Visitor's Center, and includes eight stations, with signs showing how to use the workout equipment effectively.
Nature Trails	No	Marsh, woodland, and prairie nature trails begin at the visitors center, and include interpretive signs.
Running/Walking Paths	No	Well-marked running and walking paths of varying lengths are available throughout the park.
Climbing Area	Yes	A rock climbing area is available on the north end of the park. Reservations must be made in advance, and equipment checked out at the visitor's center before you begin climbing.
Team Sports	Yes	Soccer fields, baseball diamonds, tennis courts, and basketball courts are available, but require advanced registration.

Facility	Reserve for
Climbing Area	2 hours
Soccer Fields	2 hours
Baseball Diamonds	2 hours
Basketball Courts	1 hour
Tennis Courts	1 hour



Aspen Falls Metro Park is open the following hours during the months of June, July, and August:

Monday-Friday10 a.m. to 9 p.m.

Saturday 8 a.m. to 9 p.m.

Sunday10 a.m. to 6 p.m.