

Fitness Resources

Staying active is one of the most important things you can do to keep healthy. Here are some local resources to help you in your journey.



- ◆ **East Pasco YMCA**
37301 Chapel Hill Loop
Zephyrhills, FL 33542
813-780-9622
- ◆ **Wellness Center at Florida Hospital**
Zephyrhills
7050 Gall Boulevard
Zephyrhills, FL 33542
813-783-6123
- ◆ **Anytime Fitness**
7341 Gall Boulevard
Zephyrhills, FL 33542
813-395-5963
- ◆ **Zephyrhills Senior Center**
5320 1st Zephyrhills St.
Zephyrhills, FL 33542
813-788-0471
- ◆ **Pasco County Aquatics**
Veterans Memorial_Park pool
Land O' Lakes recreation complex pool
Anclote River Park Beach
727-761-3033 ask for aquatics technician
- ◆ **Additional activities each month**
<http://www.pascocountyfl.net>
Click on Parks, recreation and natural resources, then on parks amenities and maps, then on programs activities and sport leagues.
- ◆ **Adult Softball league**
Land O'Lakes Community Center,
5401 Land O' Lakes Blvd., Land O' Lakes, 34639.
Veterans Memorial Park, 14333 Hicks Road, Hudson, 34669
W. H. Jack Mitchell Jr. Park, 4825 Little Road, New Port Richey, 34655.

For more information on adult softball leagues at the Land O' Lakes Community Center, please call (813) 929-1229.

For more information on adult softball leagues at Veterans Memorial Park and W. H. Jack Mitchell Jr. Park, please call (727) 942-7439.

Walking Trails

Are an easy and inexpensive way to stay active. Walking has many benefits, it is easy to do wherever you are and it only requires a good pair of shoes.



- ◆ **Depot Park**
39421 South Avenue, Zephyrhills
813-780-0000
Distance: 0.3 miles
- ◆ **Florida Hospital Zephyrhills Trail**
7050 Gall Boulevard, Zephyrhills
813-788-0411 ext 1421
Distance: 0.5 miles
- ◆ **Green Swamp West Tract**
13347 Ranch Road, Dade City
Distance: 32.4 miles
- ◆ **Hardy Trail**
Church Avenue, Dade City
Paved walking trail with shaded areas.
Distance: 0.928 mile one way
- ◆ **Samuel W. Pasco Recreation Center**
39835 Chancey Rd. Zephyrhills
813- 788-6900
- ◆ **Upper Hillsborough Tract**
41404 CR 54, Zephyrhills
Distance: 3.5 miles of hiking trails
- ◆ **Withlacoochee River Park**
12449 Withlacoochee Boulevard,
Dade City
Distance: 1.5 miles (in Pasco County)
352- 521-4104
- ◆ **Conner Preserve**
22500 SR 52, Land O' Lakes
Distance: 16 miles of hiking only trails
with several miles of multiuse wooded
roads available.
- ◆ **Cypress Creek Preserve**
8720 Pump Station Road, Land O' Lakes
Distance: Approximately 12 miles of mul-
tiuse wooded roads available as well as a
paved road.
- ◆ **Serenova Tract**
14900 SR 52, Land O' Lakes
Distance: 18 miles of multiuse trail.
- ◆ **Suncoast Trail**
SR 54 & the Suncoast Parkway Trailhead,
Distance: 42 mile paved trail