

EXERCISE

Information is subject to change. Please call ahead for details.

✉ = Address 📞 = Phone Number 🕒 = Business Hours 🌐 = Web site

INDOOR

Gold's Gym

With two locations near Florida Proton, Gold's Gym features cardio equipment, free weights, personal training, group exercise, nutrition counseling, resistance machines, spinning, tanning, yoga and Pilates.

✉ #1 The Jacksonville Landing (about 3 miles away)

📞 904-854-6531

🕒 Monday to Thursday 5 a.m. – 9 p.m.

Friday 5 a.m. – 8 p.m.

Saturday to Sunday 8 a.m. – 2 p.m.

✉ #2 8552 Baymeadows Rd. (about 14 miles away)

Jacksonville, FL 32256

📞 904-448-0600

🕒 Monday to Thursday 5 a.m. – 11 p.m.

Friday 5 a.m. – 10 p.m.

Saturday 8 a.m. – 2 p.m.

Sunday 8 p.m. – 5 p.m.

🌐 <http://www.goldsgym.com/>

First Coast YMCA

(about 2 miles away)

Florida Proton patients and family members may access 17 First Coast YMCA locations for a monthly fee of \$30 or couples fee of \$50. Services include personal training, massage therapy, nutrition counseling, group exercise, indoor cycling, childcare and aquatics.

✉ 221 Riverside Ave.
Jacksonville, FL 32202

📞 904-355-1436

🕒 Monday to Thursday 5 a.m. – 11 p.m.

Friday 5 a.m. – 8 p.m.

Saturday 7 a.m. – 6 p.m.

Sunday 12 p.m. – 6 p.m.

🌐 <http://www.firstcoastymca.org/>

Curves

(about 3 miles away)

A gym specially designed for women, the Curves 30-minute workout includes a warm-up, aerobic exercise, strength training, cool-down and stretching. A membership includes all 17 area locations.

✉ 301 W. Bay St., Ste. 280
Jacksonville, FL 32202

☎ 904-598-0650

🕒 Monday to Friday 7 a.m. – 1 p.m. and 3:30 p.m. – 6:30 p.m.
Saturday 9 a.m. – 11 a.m.

🌐 <http://www.curves.com/>

OUTDOOR

EcoMotion SEGWAY Tours

Enjoy the thrill of riding an X-terrain Segway transporter through the undeveloped island habitat of nearby Fort George Island. After a brief lesson, you'll take up sandy trails through a beautiful maritime forest, around ancient dunes, out to unspoiled beaches and salt marshes. Guides take you where the birds roost, the turtles dig, and the dolphins swim. Easy and fun to do: No experience necessary. Maximum weight per rider is 260lbs.

✉ 11241 Fort George Rd.
Jacksonville, FL 32226

☎ 904-251-9477

🕒 Open Year-round, every day except Monday
Morning Tours (2-hrs): 10 a.m. – Noon
Afternoon Tours: (1hr): 2:30 - 3:30 p.m.

@ www.EcoMotionTours.com

Jacksonville Riverwalk


(about 3 miles away)

Not a trail per se, but more like an urban pathway, the Riverwalk runs from underneath the I-95 bridge to the luxury condos of The Berkman Plaza a few miles into Downtown. Completely paved with decorative bricks and aesthetic street lamps, this path is very popular with walkers, joggers, and bicyclists alike. Travelers on the Riverwalk will pass by the YMCA, office buildings, under and over bridges, a performing arts center, The Landing, upscale-hotels and eventually end near the posh Berkman Plaza condos. The St. Johns River will be your companion on the right-hand side the whole way. Watch for Dolphins and Manatee, as it's not uncommon to see them pop up here and there.

Jacksonville - Baldwin Trail

(about 8 miles away)


Built along abandoned railroad tracks, this trail traverses diverse natural habitats including pinewoods, wetlands and fields. These areas are home to a variety of wildlife such as songbirds, hawks, wild turkey and even white-tailed deer. Most of the trail is shaded by the greenery, and, in certain parts, even gives the illusion of going through a tunnel. You'll also cross McGirts Creek near Camp Milton, an historic Civil War site. The trail runs about 14 miles total. Though it seems secluded, it starts just outside of Downtown and is readily accessible from I-10 and I-295.


 904-630-4100

University of North Florida

(about 14 miles away)

Open from sunrise to sunset 365 days a year, The Blueberry, Goldenrod, and Red Maple Trails on the campus of UNF stretch over 12 miles of protected forests, marshes, and grasslands. These trails are frequented by students, joggers, and nature enthusiasts alike who can enjoy fishing and canoeing in the 18-acre freshwater lake, grilling in the picnic area, and viewing wildlife from the island bridge. Located between Downtown and The Beaches, it's a great place to get away without going too far.

 1 UNF Dr.
Jacksonville, FL 32224


 904-620-1810

Amelia Island Plantation

(about 30 miles away)

This environmentally sensitive resort destination lies just south of Fernandina Beach. Opened in 1971, it is renowned for its well-preserved balance of man-made luxuries and the preservation of the gorgeous habitat surrounding it. The resort lies on over 1,200 acres of undisturbed dunes, marshes, grasslands and forests with 10 miles of hiking and jogging trails. Along with its trails and conservation, the resort is equally known for its romantic ambiance, fantastic golf and high-end dining.

 6800 First Coast Hwy.
Amelia Island, FL 32034

 904-261-6161