



## TRILL FITNESS MARATHON CHALLENGE™ WORKOUT SCHEDULE

Day	Date	Time	Location	
Saturday	21-Aug	9:00 AM	Trill Fitness	Event Launch! First Workout!
Sunday	29-Aug	3:00 PM	LakeShore	
Tuesday	31-Aug	6:30 PM	Adair Park	
Sunday	12-Sep	3:00 PM	Sequoyah Park	Always meet at first entrance unless otherwise noted
Tuesday	14-Sep	6:30 PM	Adair Park	
Friday	17-Sep	9:00 AM	World's Fair Park	
Sunday	26-Sep	3:00 PM	LakeShore	
Tuesday	28-Sep	6:30 PM	Adair Park	
Friday	1-Oct	9:00 AM	World's Fair Park	
Saturday	2-Oct	9:00 AM	Trill Fitness	
Sunday	10-Oct	3:00 PM	Sequoyah Park	
Tuesday	12-Oct	6:30 PM	Adair Park	
Saturday	16-Oct	9:00 AM	Trill Fitness	Last event and celebration!

Show up 10 minutes prior to time to sign in and add name to drawing. Please bring water, towel, and proper shoes for walking, jogging, and general workouts. In the event of a thunderstorm or heavy rain please check your email for alternate location, date and time.

Please consult a physician before starting any fitness plan.

Below are the directions for each location.

Questions? Contact Trillia Newbell at [tnewbell@trillfitnessonline.com](mailto:tnewbell@trillfitnessonline.com).



### **Trill Fitness**

We are located inside Premier Athletics off Lovell Rd. on Gilbert Drive.  
From 40 Exit off Lovell Rd. towards Middlebrook Pike  
After second light take a left onto Gilbert Drive.  
Premier Athletics is at 11250 Gilbert Drive; Knoxville, TN 37932



### **North Knoxville**

#### **Adair Park**

1807 Adair Drive



*Two park patrons meet on Sue Clancy Greenway in Adair Park.*

**Directions:** Take Broadway exit off of I-40 and go north; turn left on Adair Drive and go about three-quarters of a mile; park is on right.

Adair Park was officially completed in 1996. This park provides a great way to escape to the natural side of Knoxville. Adair and Sue Clancy Greenways wind for 1.1 miles through peaceful, lush forested park and along side a creek and pond, where various birds and other Tennessee wildlife may be viewed.



### **World's Fair Park**

1060 Worlds Fair Park Drive



### **Downtown Knoxville**

**Phone:** Call 865-215-1158 or 800-727-8045 for more info.

**Directions:** I-40 to Exit #388 Henley Street /US-441 South. Go .2 mile towards Downtown Knoxville. Continue towards TN-62/Summit Hill Dr./Western Ave. - go 0.2 mile. Continue on 11th ST SW - go 0.2 mile. Turn left on Clinch Ave. - go 0.1 mile. Turn left on World's Fair Park Drive.

### **Sequoyah Park**



*A relaxing afternoon at Sequoyah Park*

1400 Cherokee Blvd.

### **West Knoxville**



**Directions:** West on Kingston Pike about a mile from the Neyland Drive and Kingston Pike interchange; across from Laurel Church of Christ make a left onto Cherokee Boulevard; the park has three different parts with three different entrances; all are on the left about one to two miles down the road.



### Lakeshore Park

6410 S. Northshore Drive  
865-584-6403



*Lakeshore Park offers spectacular views of Fort Loudon Lake and the Great Smokey Mountains.*



## West Knoxville

**Directions:** From downtown Knoxville, take Kingston Pike headed west; turn left onto Northshore Drive at Western Plaza; park is approximately 2 miles on left at Lakeshore Institute.



All information regarding the parks is from <http://www.ci.knoxville.tn.us/recreation/>