

## Trying to Exercise in Greenville? Look No Further.

One of the best aspects of living in Downtown Greenville is that there are plenty of local options for staying fit and active. Whether you're into running, cycling, yoga, or are just looking to commit to a more active lifestyle, there's no shortage of options for your needs, and you can have tons of fun in the process.

### The Swamp Rabbit Trail

#### 22 miles of multi-use trails

Greenville's Swamp Rabbit Trail spans a generous 22 miles along the beautiful Reedy River and is open for non-motorized recreation throughout Greenville. Whether you're a biker, runner, walker, or sightseer, you can utilize this gorgeous trail not only for your fitness goals, but also for transportation! The trail has a multitude of access points so you can completely customize your route.



### Soul Yoga

#### 25 Delano Dr.

Whether yoga is your jam or it's simply your first time trying it out, Soul Yoga is a great place to visit in Greenville. This hot yoga studio is located right along the Swamp Rabbit Trail, and members can enjoy everything from drop-in yoga sessions to class packages or workshops.



Classes are available for people of all fitness levels; just give them a call and they'd be happy to help you choose the right class for you and your goals.

## Core24 Gym

103 N Main St. Suite 100

Core24 is a contractless gym located in the heart of Downtown Greenville. It is a concept gym that changes their look, layout, and feel over time. With many features available to their members they have garnered quite a name for themselves in the Greenville workout community.

Open 24 hours, Core24 aims to provide a place for the people of Greenville to get their sweat on!



## Spinning Classes at Greenville Cycling Center

205 Cedar Lane Rd. Suite E

Spinning is a great cardio exercise that builds endurance and blasts fat, all in a fun setting! If you're looking for a dedicated place in Downtown Greenville to take spinning classes, Greenville Cycling Center is a fantastic option. They specialize in all things related to biking and even triathlons, but they're known for their cycling classes and camps.

Consider signing up for a class of your own; this is a great way to meet new people and get into great shape in the process!



## **Fleet Feet or Run In**

**635 Augusta St. or 1301 E Washington St.**

Both Fleet Feet (located on Augusta Street) and Run In (on E Washington Street) are great local running shops that offer weekly group runs through Downtown Greenville.

Get motivated, improve your endurance, and meet other area runners in the process. Both shops cater to runners and provide men's and women's shoes and other accessories to maximize your performance and look great doing it!



These are just a few of our favorite Downtown Greenville locations for working on our fitness. There's truly something for everybody here in Downtown Greenville, whether you're a full-fledged athlete or just looking to live a healthier lifestyle.

**See our interactive map on our website at  
[parkergroupservices.com!](http://parkergroupservices.com)**