Mix it up with Trail Mix - a QR Code Fitness Trail for all ages and abilities. Look for QR code signs at each station (marked by red pin drops). Use your smart device to scan the QR code (most devices can do this with the built-in camera) and access the video for that station. Be sure to move to the side when doing your activity so others can access the code. Stations can be done in any order; scan the INTRO or EXIT QR code at your first and last stations. And most importantly - have fun!