NEW

The SQUEEZE

ON DEMAND

You can book your trip online or download the CC Progress In Motion Mobile App in Google Play or the Apple Store. Just enter where you want to go online or on the app to get picked up and you are on your way!

Citrus Connection's Squeeze On-Demand service operates in downtown Lakeland providing easy transportation to local professionals and visitors that's Fast, Frequent, Fun and FREE!

The SQUEEZE On-Demand Lunch service in Lakeland operates Monday thru Friday from 11 a.m. to 2 p.m. The Lakeland Squeeze also operates its On-Demand service on Fridays from 4 p.m. to 2 a.m. and Saturdays from 8 a.m. to 3 p.m. and 4 p.m. to 2 a.m.