



COUNTYWIDE FITNESS CHALLENGE 2015

Kick-off & Events Schedule

(Click on the blue links for more information)

- **May 16, 2015, [“Walk It Off!”](#) at 8:00 a.m. until 12 noon**

Click [here](#) to RSVP for this event

This activity kick-off event features 5K fitness walks, 5K fun run, health screenings, assorted exercise sessions, dragon boats, kid zone with games and face painting, hula hoops and jump rope contests!

Whittier Narrows Recreation Area
751 South Santa Anita Avenue
South El Monte, CA 91733

- **June 20, 2015, [“Make a Splash!”](#) at 8:00 a.m. until 12 noon.**

Click [here](#) to RSVP for this event

Come by for some water fun featuring kayaking & paddle boarding, hikes to a look-out point, 5K fun run, sand volleyball, horseshoes, & kid zone.

Castaic Lake State Recreation Area
Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic, CA 91384

- **July 11, 2015, [“Parks Make Life Better!”](#) at 8:00 a.m. until 12 noon.**

Click [here](#) to RSVP for this event

Celebrity chef, Sharone Hakman, will dazzle you with his healthy cooking demonstrations! Come out and take a power walk or join the 5K fun run, try a barre dance class, and get your hoops on in the free throw contests.

Hacienda Heights Community Center
1234 Valencia Ave.
Hacienda Heights, CA 91745

- **July 25, 2015, [“Stop and Smell the Flowers!”](#) at 8:00 a.m. until 12 noon.**

Click [here](#) to RSVP for this event

Power walk your way around this beautiful hidden treasure of a park or join the 5K fun run, then shop for organic fruits and veggies at the farmers' market. Don't miss out as County departments battle one another in our annual softball tournament. Come root for your favorite team!

Wilson Park Certified Farmers' Market
2200 Crenshaw Boulevard
Torrance, CA 90501



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- **August 8, 2015, [“Get Cultured!”](#) at 9:00 a.m. until 1:00 p.m.**
Click [here](#) to RSVP for this event
Get your groove on at Dance Mania! A non-stop dance party with Groov3. Be ready for the surprise finale! Join our 5K fun run or take on the Hollywood Bowl stairs as we power our way up and through to the Hollywood Hills.

Hollywood Bowl
2301 North Highland Avenue
Los Angeles, CA 90068
- **August 29, 2015, [“Chill Out!”](#) at 8:00 a.m. until 12 noon**
Click [here](#) to RSVP for this event
Want to learn to boogie board? There will be free classes to make you a natural in the surf, or join the 5K fun run and exercise sessions on the beach. Be sure to bring the kids along! Finish up with some yoga in the Youth Center!

Dockweiler Youth Center
12505 Vista del Mar
El Segundo, CA 90245
- **September 12, 2015, [“Be One With Nature!”](#) at 8:00 a.m. until 12 noon**
Click [here](#) to RSVP for this event
Join us at this fabulous event and try circuit training! We will also conduct exercise sessions, power walks around a beautiful duck-filled lake, nature walks, and the softball tournament championship games.

Alondra Community Regional Park
3353 Redondo Beach Boulevard
Lawndale, CA 90260
- **September 26, 2015, [“Take a Hike!”](#) at 7:30 a.m. until 12 noon**
Click [here](#) to RSVP for this event
This return favorite hiking destination will feature wilderness challenge hikes and nature walks with local guides. Catch the wild animal encounters in the Nature Center to round out your wilderness experience. Don't forget to get your flu vaccination before you leave!

Placerita Canyon Nature Center
19152 Placerita Canyon Road
Newhall, CA 91321



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- **October 17, 2015 “[Play For Life!](#)” at 8:00 a.m. until 12 noon.**

Click [here](#) to RSVP for this event

Come out to the 2015 Countywide Fitness Challenge Grand Finale. This day of family fun features our own unique triathlon with a twist – the “triath-a-fun!” Enjoy the 5K fun run and fitness walks through the wildlife sanctuary, bicycle and buggy fun rides, and pedal boat rallies.

Santa Fe Dam Recreation Area
15501 Arrow Highway
Irwindale, CA 91706

For a poster that includes a summary of all events, please click [here](#).