



COUNTYWIDE FITNESS CHALLENGE 2016

2016 Countywide Fitness Challenge Kick-off & Events Schedule

(Click on the [BLUE](#) links for more information and [GREEN](#) links to register)

- April – November 2016, [All Events Poster](#)
- April 5, 2016, "[Kickoff Event/Public Health Week](#)" at 11:00 a.m. until 2:00 p.m.

Take a break from your work day and check out our kickoff event in partnership with Public Health. There will be pet adoptions, informational booths, health screenings, exercise sessions, chair massages, with a special appearance by Snoopy, and more!

Grand Park
200 North Grand Avenue
Los Angeles, CA 90012

- April 16, 2016, "[Walk It Off!](#)" at 8:00 a.m. until 12 noon

This kick-off event features 5K fitness walks, 5K fun run, health screenings, exercise sessions, dragon boats, chair massages, kid friendly games, complimentary surrey and paddle boats, and face painting.

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

[RSVP for this event **HERE**](#)

- May 21, 2016, "[Parks Make Life Better!](#)" at 8:00 a.m. until 12 noon

Come out and participate in a live cooking demonstration with our celebrity chef, or shoot hoops in our famous free throw contest. There will also be exciting exercise classes and arts and crafts for the kids.

Hacienda Heights Community Center
1234 Valencia Avenue
Hacienda Heights, CA 91745

[RSVP for this event **HERE**](#)



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▪ **June 18, 2016, [“Make a Splash!”](#) at 8:00 a.m. until 12 noon**

Come by for some water fun featuring kayaking & paddle boarding, 3K hikes to a look-out point, volleyball, horseshoes, and games.

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

**RSVP for this
event [HERE](#)**

▪ **August 6, 2016, [“Stop and Smell the Flowers!”](#) at 8:00 a.m. until 12 noon**

Power walk your way around this beautiful hidden treasure of a park, then shop for organic fruits and veggies at the farmers' market. County departments will 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

**RSVP for this
event [HERE](#)**

▪ **August 20, 2016, [“Chill Out!”](#) at 8:00 a.m. until 12 noon**

Don't miss fun in the water, as you enjoy boogey boarding and sand games under the direction of the Los Angeles County Beach Lifeguards. There will also be beach workouts, yoga and plenty of healthy activities. Work it off on our beach power walks & boot camp.

Dockweiler Youth Center
12505 Vista del Mar
El Segundo, CA 90245

**RSVP for this
event [HERE](#)**

▪ **September 10, 2016, [“Be One With Nature!”](#) at 8:00 a.m. until 12 noon**

Join us at this beautiful venue and get in some circuit training! We will also conduct exercise sessions, power walks around a beautiful duck-filled lake, nature walks, and host the softball tournament championship game.

Alondra Community Regional Park
3353 Redondo Beach Boulevard
Lawndale, CA 90260

**RSVP for this
event [HERE](#)**



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▪ **October 1, 2016, [“Get Cultured!”](#) at 8:00 a.m. until 12:00 noon**

Get your groove on at Dance Mania!, our master dance class. Enjoy some yoga, meet a nutritionist, and join our 2-mile fitness hikes through beautiful Griffith Park trails.

Griffith Park
Crystal Springs Picnic Area
4730 Crystal Springs Drive
Los Angeles, CA 90027

RSVP for this
event [HERE](#)

▪ **October 22, 2016, [“Take a Hike!”](#) at 7:30 a.m. until 12 noon**

The return to this favorite hiking destination will feature wilderness challenge hikes and nature walks with local guides. Catch the animal encounters in the Nature Center to round out your wilderness experience.

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

RSVP for this
event [HERE](#)

▪ **November 5, 2016 [“Play for Life!”](#) at 8:00 a.m. until 12 noon**

Come out to the 2016 Countywide Fitness Challenge Grand Finale. This day of family fun features our own unique “triathlon” – fitness walks through a wildlife sanctuary, bicycle and buggy fun rides, and a pedal boat rally out on the Dam.

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

RSVP for this
event [HERE](#)