2017 Countywide Fitness Challenge
Kick-off & Events Schedule
(Click on the BLUE links for more information and GREEN links to register)

- **April – November 2017, All Events Poster**

- **April 4, 2017, "Kick-off 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, giveaways, and more!

  Grand Park
  200 North Grand Avenue
  Los Angeles, CA 90012

- **April 22, 2017, "Walk It Off!" at 8:00 a.m. until 12 noon**

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

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

  RSVP for this event **HERE**

- **May 20, 2017, "Nourish Your Heart!" at 8:00 a.m. until 12 noon**

  Come out and participate in live cooking demonstrations 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**

COUNTYWIDE FITNESS CHALLENGE 2017

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- **June 17, 2017, "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, water balloon toss, and horseshoe games.

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

  RSVP for this event **HERE**

- **July 15, 2017, "Stop & 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 26, 2017, "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
  Playa del Rey, CA 90293

  RSVP for this event **HERE**

- **September 9, 2017, "Be One With Nature!" at 8:00 a.m. until 12 noon**

  Join us at this beautiful venue and check out our Inflatable obstacle course! 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**

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

- **September 23, 2017, "Dance Mania!" 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 14, 2017, "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 4, 2017 "Play for Life!" at 8:00 a.m. until 12 noon**

  Come out to the 2017 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**