



COUNTYWIDE FITNESS CHALLENGE 2017



JOIN US FOR THESE FUN FAMILY EVENTS!

WALK IT OFF!

5k fitness walk/run, exercise sessions, and health screenings.

Saturday, April 22, 2017
8:00 a.m. – Noon

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

NOURISH YOUR HEART!

Join Chef Sharone Hakman for healthy cooking demos, free throw contests, and more.

Saturday, May 20, 2017
8:00 a.m. – Noon

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

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 17, 2017
8:00 a.m. – Noon

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

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

Saturday, July 15, 2017
8:00 a.m. – Noon

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

CHILL OUT!

Boogie boarding, beach fitness, power walks, and yoga.

Saturday, August 26, 2017
8:00 a.m. – Noon

Dockweiler Beach Youth Center
12505 Vista del Mar
Playa del Rey, CA 90293

BE ONE WITH NATURE!

Inflatable obstacle course, softball playoff, exercise sessions, and fitness/nature walks.

Saturday, September 9, 2017
8:00 a.m. – Noon

Alondra Community Regional Park
3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Ave.)

DANCE MANIA!

Dancing, yoga, and a 2-mile hike.

Saturday, September 23, 2017
8:00 a.m. – Noon

Griffith Park
4730 Crystal Springs Drive
Los Angeles, CA 90027

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and wild animal encounters.

Saturday, October 14, 2017
7:30 a.m. – Noon

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

PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!"—fitness walks, bicycle fun rides, and pedalboat rally.

Saturday, November 4, 2017
8:00 a.m. – Noon

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

RSVP to secure your giveaways at

<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>

