



COUNTYWIDE FITNESS CHALLENGE 2019



JOIN US FOR THESE FUN FAMILY EVENTS!

WALK IT OFF!

5K fitness walk/run, pedal boats, bicycles/kayaks, and health screenings.

Saturday, April 13, 2019

8:00 a.m. – Noon

Whittier Narrows Recreation Area

750 South Santa Anita Avenue
South El Monte, CA 91733

TAKE A HIKE!

Join us for silent disco party walks, hikes, and exercise sessions.

Saturday, May 18, 2019

8:00 a.m. – Noon

Kenneth Hahn State Recreation Area

Janice's Green Valley
4100 South La Cienega Boulevard
Los Angeles, CA 90056

MAKE A SPLASH!

A day of water fun with kayaking, paddleboards, hiking, and volleyball.

Saturday, June 15, 2019

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, silent disco party walks, and softball tournament.

Saturday, July 20, 2019

8:00 a.m. – Noon

Torrance Certified Farmers' Market

2200 Crenshaw Boulevard
Torrance, CA 90501



CHILL OUT!

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

Saturday, August 24, 2019

8:00 a.m. – Noon

Dockweiler Beach Youth Center

12505 Vista del Mar
Playa del Rey, CA 90293

ROCK N' STROLL!

Dancemania, fitness hike, silent disco party walks, and chair massage.

Saturday, September 21, 2019

8:00 a.m. – Noon

Griffith Park

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

BE ONE WITH NATURE!

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

Saturday, October 19, 2019

8:00 a.m. – Noon

Alondra Community Regional Park

3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Ave.)

PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!"—fitness walks, 5K fun run bicycle fun rides, and pedal boat rally.

Saturday, November 2, 2019

8:00 a.m. – Noon

Santa Fe Dam Recreation Area

15501 Arrow Highway
Irwindale, CA 91706

RSVP to secure your giveaways at:
www.LACountyGetsFit.com