



COUNTYWIDE FITNESS CHALLENGE 2014

Kick-off & Events Schedule (Click on the blue links for more information)

- **May 17, 2014, [“Walk It Off!”](#) from 8:00 a.m. until 12 noon**
RSVP for this event [here](#)
This activity kick-off event features 5K fitness walks, 5K fun run, health screenings, exercise sessions, dragon boats, kid friendly games and face painting with a special appearance by Snoopy, and more!

Whittier Narrows Recreation Area
751 South Santa Anita Avenue
South El Monte, CA 91733
- **June 14, 2014, [“Make a Splash!”](#) from 8:00 a.m. until 12 noon.**
RSVP for this event [here](#)
Come by for some water fun featuring kayaking & paddle boarding, 3K hikes to a look-out point, volleyball, horseshoes, & games.

Castaic Lake State Recreation Area
Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic, CA 91384
- **July 12, 2014, [“Stop and Smell the Flowers!”](#) at 8:00 a.m. until 12 noon.**
RSVP for this event [here](#)
Come out and take a power walk or join the 5K fun run. We will be working our way through a local farmers fun on our way to better nutrition. Be sure to take part in the scavenger hunt!

Cerritos Farmers’ Market
18074 Park Plaza Drive
Cerritos, CA 90703



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- **July 26, 2014, “[Stop and Smell the Flowers!](#)” at 8:00 a.m. until 12 noon.:**
RSVP for this event [here](#)

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

- **August 9, 2014, “[Get Cultured!](#)” from 9:00 a.m. until 1:00 p.m.**
RSVP for this event [here](#)

Get your groove on at Dance Mania!, our master dance class. Visit the Wellness Center for some yoga and join our 2-mile fitness hikes through the Hollywood Hills.

Hollywood Bowl
2301 North Highland Avenue
Los Angeles, CA 90068

- **August 23, 2014, “[Chill Out!](#)” at 8:00 a.m. until 12 noon**
RSVP for this event [here](#)

Don’t miss the return of celebrity chef, Sharone Hakman! He will present healthy cooking demonstrations with tasty samples for you to try. Work it off on our beach power walks & boot camp.

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

- **September 6, 2014, “[Be One With Nature!](#)” at 8:00 a.m. until 12 noon**
RSVP for this event [here](#)

Join us at this new venue 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 game.

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



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- **September 20, 2014, [“Take a Hike!”](#) at 7:30 a.m. until 12 noon#**
RSVP for this event [here](#)
This return 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
- **October 18, 2014 [“Play For Life!”](#) from 8:00 a.m. until 12 noon.**
RSVP for this event [here](#)
Come out to the 2014 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

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