



# COUNTYWIDE FITNESS CHALLENGE 2015



A DAY OF FAMILY FUN

# CHILL OUT!

Join us for power walks, yoga, and exciting beach action.

BOOGIE BOARDING LESSONS

BEACH FITNESS SESSIONS

SAND GAMES

WATER SAFETY

YOGA

HEALTHY SNACKS

FREE GIVEAWAYS  
DRAWING PRIZES

## Dockweiler Youth Center

12505 Vista del Mar  
El Segundo, CA 90245  
4th Supervisorial District

**Saturday,  
August 29, 2015**

**8:00 a.m. – Noon**

EVENT SPONSOR



KAISER PERMANENTE®

RSVP to secure your giveaways at <http://dhr.lacounty.info>





# DOCKWEILER YOUTH CENTER

12505 Vista del Mar, El Segundo, CA 90245

8:00 a.m. – 12:00 noon

Saturday, August 29, 2015

Limited free parking for first 300 vehicles

**DIRECTIONS:** FROM THE 105 FWY WEST BOUND – Exit Imperial Highway, head west towards ocean. Turn left on Vista del Mar, turn right into Dockweiler Youth Center





# THE 2015 COUNTYWIDE FITNESS CHALLENGE



# CHILL OUT!

## DOCKWEILER BEACH

(AT THE YOUTH CENTER)

### AUGUST 29, 2015

8 AM – 12 NOON

12505 VISTA DEL MAR

EL SEGUNDO 90245

**FUN**  
beach  
walk &  
5K run

**Yoga &  
Zumba  
Classes**

**FREE!**  
**BOOGIE  
BOARD AND  
WATER  
SAFETY  
LESSONS**



**NOT TO BE  
MISSED --  
DRAWING  
PRIZES!!**



## RSVP NOW TO SECURE YOUR GIVEAWAYS

<https://www.surveymonkey.com/s/2015CFC-CHILLOUT>

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FITNESS CHALLENGE 2015**

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Youth Center**  
12505 Vista del Mar  
El Segundo, CA 90245  
4th Supervisorial District

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**Saturday,  
August 29, 2015**  
8:00 a.m. – Noon

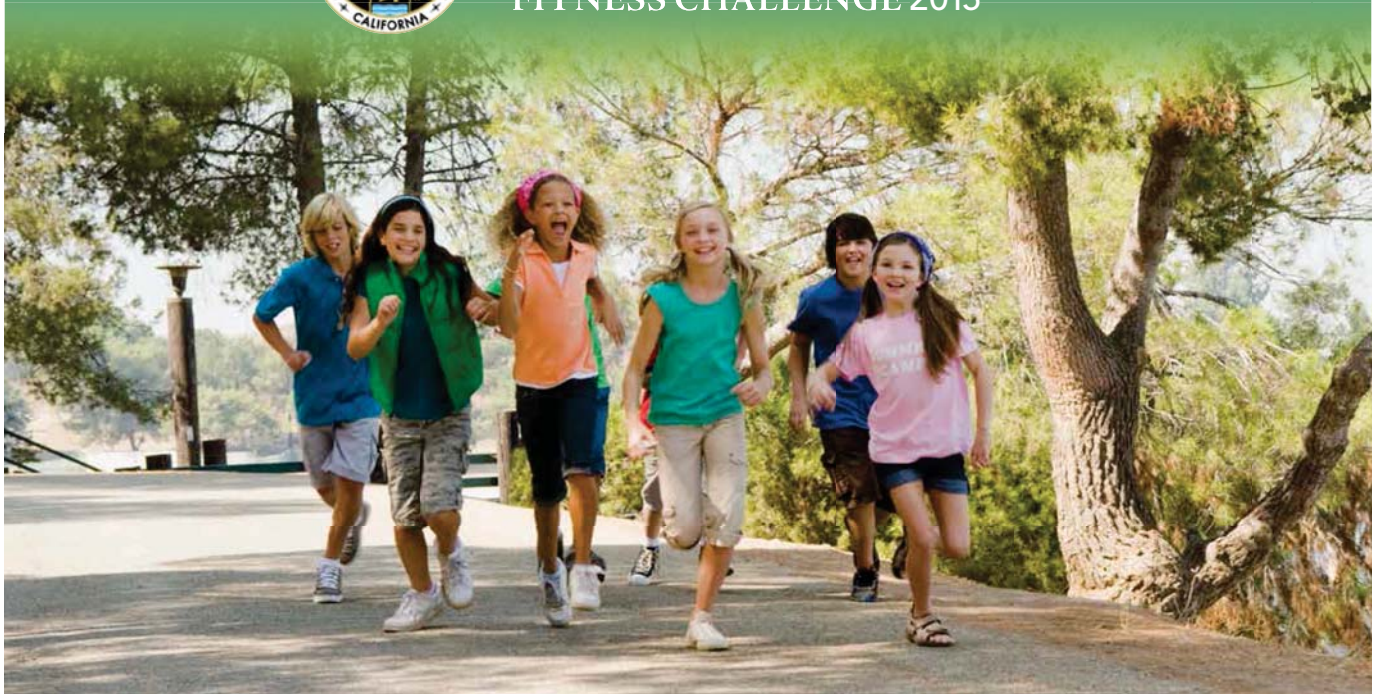
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**KAISER PERMANENTE** **UnitedHealthcare** **Cigna** **Anthem BlueCross**





# COUNTYWIDE FITNESS CHALLENGE 2015



## JOIN US FOR THESE FUN FAMILY EVENTS

### WALK IT OFF!

Dragon boats, exercise sessions, and health screenings.

**Saturday, May 16, 2015**  
8:00 a.m. – Noon

#### Whittier Narrows Recreation Area

751 South Santa Anita Avenue  
South El Monte 91733

### MAKE A SPLASH!

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

**Saturday, June 20, 2015**  
8:00 a.m. – Noon

#### Castaic Lake State Recreation Area

Paradise Cove, Lower Lake  
32132 Castaic Lake Drive  
Castaic 91384

### PARKS MAKE LIFE BETTER!

Join Celebrity Chef Sharone Hakman for healthy cooking demonstrations and more at this brand new location!

**Saturday, July 11, 2015**  
8:00 a.m. – Noon

#### Hacienda Heights Community Center

1234 Valencia Avenue  
Hacienda Heights 91745

### STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

**Saturday, July 25, 2015**  
8:00 a.m. – Noon

#### Wilson Park Farmers' Market

2200 Crenshaw Boulevard  
Torrance 90501

### GET CULTURED!

DanceMania, yoga, and 2-mile hikes through the hills.

**Saturday, August 8, 2015**  
9:00 a.m. – 1:00 p.m.

#### Hollywood Bowl

2301 North Highland Avenue  
Los Angeles 90068

### CHILL OUT!

Boogie board lessons, sand games, power walks and yoga.

**Saturday, August 29, 2015**  
8:00 a.m. – Noon

#### Dockweiler Youth Center

12505 Vista del Mar  
El Segundo 90245

### BE ONE WITH NATURE!

Circuit training, softball playoff, power walks, exercise sessions, and nature walks.

**Saturday, September 12, 2015**  
8:00 a.m. – Noon

#### Alondra Community Regional Park

3353 Redondo Beach Blvd.  
Lawndale 90260  
(enter at Yukon Ave.)

### TAKE A HIKE!

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

**Saturday, September 26, 2015**  
7:30 a.m. – Noon

#### Placerita Canyon Nature Center

19152 Placerita Canyon Road  
Newhall 91321

### PLAY FOR LIFE!

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

**Saturday, October 17, 2015**  
8:00 a.m. – Noon

#### Santa Fe Dam Recreation Area

15501 Arrow Highway  
Irwindale 91706

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