



# COUNTYWIDE FITNESS CHALLENGE 2016



## JOIN US FOR THESE FUN FAMILY EVENTS!

### WALK IT OFF!

Dragon boats, exercise sessions, and health screenings.

**Saturday, April 16, 2016**  
8:00 a.m. – Noon

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

### PARKS MAKE LIFE BETTER!

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

**Saturday, May 21, 2016**  
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 18, 2016**  
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, August 6, 2016**  
8:00 a.m. – Noon

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

### CHILL OUT!

Boogie boarding, sand games, power walks, and yoga.

**Saturday, August 20, 2016**  
8:00 a.m. – Noon

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

### BE ONE WITH NATURE!

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

**Saturday, September 10, 2016**  
8:00 a.m. – Noon

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

### GET CULTURED!

DanceMania, yoga, and a 2-mile hike.

**Saturday, October 1, 2016**  
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 22, 2016**  
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 5, 2016**  
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/>

