

You don't have to work out alone! Join other fitness challenge participants from across San Diego County looking to get outside, enjoy the sunshine, and get in a workout. Grab a family member, friend or coworker and join us for these FREE Fitness Challenge Meet-Ups hosted by our community partners and get your fitness on!

**SIGN UP
FOR THE
CHALLENGE!**

JULY 2 TUESDAY

5:00 - 6:30 PM URBAN WALK

Northmont Park, La Mesa
City of La Mesa

JULY 4 THURSDAY

6:00 - 10:00 PM 4TH OF JULY STAR PARTY

Volcan Mountain Wilderness Preserve, Julian
County of SD Parks and Rec

JULY 6 SATURDAY

9:00 - 10:30 AM SATURDAY MORNING HIKE

Wilderness Gardens County Preserve, Pala
County of SD Parks and Rec

JULY 7 SUNDAY

10:00 - 11:30 AM MEET THE CHAPARRAL HABITAT

Flinn Springs County Park, El Cajon
County of SD Parks and Rec & SD County Middle Eastern Employee Resource Group

12:30 - 1:30 PM HULA BASICS WORKOUT

California Center for the Arts, Escondido
Halau Hula O Ka'Eo

JULY 8 MONDAY

7:00 - 8:00 PM CARDIO BLAST (ALL LEVELS)

Jackie Robinson YMCA, San Diego
Sirius Fitness

JULY 9 TUESDAY

9:00 - 10:30 AM URBAN WALK

La Mesa Library, La Mesa
City of La Mesa

JULY 10 WEDNESDAY

**6:00 - 7:00 PM KRAV MAGA GET FIT
CHALLENGE CLASS**

MMA Academy, Sorrento Valley

JULY 11 THURSDAY

8:30 - 9:30 AM COMMUNITY WELLNESS WALK

SDG&E Park, Chula Vista
South Bay Community Services – Chula Vista Resident Leaders

JULY 13 SATURDAY

8:00 - 9:00 AM FITNESS BOOTCAMP

Heritage Park, Chula Vista
Espiritu Fitness

2:00 - 3:00 PM NATURE TRAIL HIKE

Lake Morena County Park, Campo
County of SD Parks and Rec, County of SD Filipino-American Employees' Association, Pacific Islander Association of County Employees

5:30 - 6:00 PM SALSA DANCE LESSON

Fair @ 44, City Heights
City Heights Community Development Corporation

JULY 14 SUNDAY

9:00 - 11:00 AM HIKE

Ramona Grasslands County Preserve, Ramona
County of SD Parks and Rec

10:00 - 11:00 AM YOGA-LATES

White Box Live Arts, Liberty Station
San Diego Dance Theater

3:00 - 3:45 PM LET'S "GOAT" FOR A WALK

Los Penasquitos County Preserve
County of SD Parks and Rec, Pacific Islander Association of County Employees, Emerging Workforce Association

JULY 16 TUESDAY

9:00 - 10:30 AM URBAN WALK

Lake Murray (near the boat docks), La Mesa
City of La Mesa

JULY 16 TUESDAY

5:00 - 6:30 PM URBAN WALK

MacArthur Park, La Mesa
City of La Mesa

JULY 20 SATURDAY

7:30 - 9:30 AM SIRIUS FITNESS PRACTICE RUN

Balboa Park (corner of Park Blvd & Presidents Way)
Sirius Fitness

10:30 - 11:30 AM SATURDAY HIKE

Otay Lakes County Park, Chula Vista
County of SD Parks and Rec, County of SD Filipino-American Employees' Association, Emerging Workforce Association

JULY 21 SUNDAY

10:00 - 11:30 AM NATURE HIKE

Tijuana River Valley Regional Park, San Diego
County of SD Parks and Rec, Emerging Workforce Association

10:00 - 11:30 AM SUNDAY STROLL

Oakoasis County Preserve, Lakeside
County of SD Parks and Rec

JULY 22 MONDAY

6:00 - 7:00 PM DANCEFIT (DANCE CARDIO FITNESS CLASS)

White Box Live Arts, Liberty Station
San Diego Dance Theater

JULY 23 TUESDAY

9:00 - 10:30 AM URBAN WALK

Porter Park Gazebo, La Mesa
City of La Mesa

JULY 26 FRIDAY

3:00 - 4:00 PM ZUMBA

Wellness Fair, Chula Vista
South Bay Community Services – Chula Vista Resident Leaders

JULY 27 SATURDAY

8:30 - 11:30 AM WILDERNESS GARDENS TRAIL TREK

Wilderness Gardens County Preserve, Pala
County of SD Parks and Rec

9:00 AM - 12:00 PM TIJUANA ESTUARY/BEACH WALK + FITNESS COURT FULL BODY WORKOUT

Meet at Dunes Park, Imperial Beach
South Bay Community Services – Imperial Beach Resident Leaders



The Live Well San Diego 5K and Kids 1-Mile Fun Run will bring thousands of San Diegans together on **Sunday, July 28th** in support of a healthy, safe and thriving San Diego County.

This year's event will celebrate the hero in all of us with a superhero-themed race and activities throughout the morning.

Come on out to the Waterfront Park on July 28th for some family fun in the sun! Learn more at LiveWellSD5K.com

THANK YOU FOR HOSTING!



Learn more about the Live Well San Diego 31-Day Challenge at LiveWellSD.org/31-Day
Consult with your personal physician before starting any exercise routine.