FITNESS CHALLENGE MEET-UPS!

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!

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

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.
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

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!