

Live Well San Diego 5K Fitness Challenge



Meet-Up Schedule



The Live Well San Diego 5K Fitness Challenge Meet-Up Schedule provides you with free group exercises that you can use as an alternative to running! Use this interactive schedule to view what each of our partners have to offer.

OG Yoga - free yoga pass for every registered 5K participant for classes between 8/14 and 9/17. Look for a link in your 5K confirmation email. Can't find it? Email: LWSD5K@211sandiego.org.

Sirius Fitness – Head out for a training run. Join the [Sirius Fitness Run and Fit group on Facebook](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	14 11:00 AM Fallbrook Library Yoga	15 All Day Blood Pressure Monitoring Jacumba	16 9:00 AM La Mesa-Roland Park Walk	17 7:00 AM Potrero Park Fitness Meet Up	18 10:00 AM Poway Library Tai Chi	19 9:00 AM Krav Maga Waterfront Park 8:30 AM Mtn Bike Ride Tijuana River
20 9:00 AM Ranger-led Hike Annie's Canyon	21 10:00 AM Poway Library Zumba Inclusive	22	23 9:00 AM La Mesa-Sunset Park Walk 5:00 PM Youth SD Nights - Strength/HIIT	24 7:00 AM Potrero Park Fitness Meet Up	25 2:00 PM Alpine Library Feeling Fit Club	26 10:00 AM 4S Ranch Zumba
27 9:00 AM Wilderness Gardens Preserve Trail Trek	28 11:00 AM Fallbrook Library Yoga	29 12:30 PM Del Mar Library Chair Yoga	30 9:00 AM La Mesa-Jackson Park Walk	31 7:00 AM Potrero Park Fitness Meet Up	01 2:00 PM Alpine Library Feeling Fit Club	02 9:00 AM Fishing & Kayaking Lake Morena
03 11:30 AM Sunday Family Fun Day San Elijo Lagoon	04 HAPPY LABOR DAY!	05 12:00 PM Imperial Beach Library Tai Chi	06 11:00 AM Solana Beach Library Fit & Flexible 5:00 PM Youth SD Nights - Strength/HIIT	07 7:00 AM Potrero Park Fitness Meet Up	08 10:00 AM Poway Library Tai Chi	09 10:30 AM Poway Library Dance Party Storytime
10	11 11:00 AM Fallbrook Library Yoga	12 2:00 PM Cardiff Library Adult Chair Yoga	13 4:30 PM Fallbrook Library Zumba	14 7:00 AM Potrero Park Fitness Meet Up	15 10:30 AM Vista Library Healthier Living with Chronic Conditions	16 REST – the Live Well San Diego 5K is Tomorrow!

