



- Group Walk/Jog and Stretch
- AFC Half Marathon/5K Training Group Kick Off!
- Post Exercise Healthy Food Exchange
- Quick Chair Massages

De Anza Cove

East Mission Bay

Saturday, June 18th

8 AM to 10 AM

What to expect...

We will be doing a group walk/jog and stretch as well as kicking off the training program for the AFC Half Marathon participants. Everyone is welcome! The walk/jog will be for time (60-90 minutes), so go your own pace and distance. From 9 -10 AM we will have quickie chair massages offered by our Fit Team Massage Therapist (Joanna Loughran) and also have a healthy post-exercise “snack exchange”. So bring something healthy to share! Don't forget to bring your own water for the walk and afterwards.

Directions and Map:

From I-5, exit Clairmont Dr./East Mission Bay Dr exit. Go right on East Mission Bay Drive and go all the way to the stop sign. Make a left and park in the lot. We will meet by the public restroom building. Check following the link for a map:

<http://www.gmap-pedometer.com/?r=4568372>.

Any questions? Contact Chris at cheslin@fivepeaksfitness.com