



Pleasanton Sole Mates January 2018 Walking Schedule



Join our weekly Wednesday walking group! Walking is one of the easiest and most cost effective forms of exercise for adults. Participants must be able to walk 2.5-3 miles and keep a moderate pace with the group.

Each walk will depart from the Senior Center.

January 3, 2018	The Loop	8:45-10:00am
Leaving the Senior Center we will walk down Valley Avenue to the Kensinton neighborhood and back on Bernal Avenue.		<i>Moderate Walk</i>
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January 10, 2018	Arroyo Del Valle	8:45-10:00am
Leaving the Senior Center we will walk down Pleasanton Avenue to the Arroyo Del Valle Trail and back on Main Street.		<i>Moderate Walk</i>
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January 17, 2018	Sports Park	8:45-10:00am
Leaving the Senior Center on Paratransit we will be dropped off in the softball field parking lot. If meeting the group at the park please arrive at 9:00am.		<i>Moderate Walk</i>
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January 24, 2018	Bernal Avenue	8:45-10:00am
Leaving the Senior Center we will walk down Bernal Avenue and walk around Patelco Sports Park.		<i>Moderate Walk</i>
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January 31, 2018	Fairgrounds	8:45 -10:00am
Leaving the Senior Center we will walk through the Fairgrounds and back.		<i>Moderate Walk</i>