



Pleasanton Sole Mates *September 2017* **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.

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| September 6, 2017 | Mission Hills | 8:45-10:00am |
| Leaving the Senior Center we will walk through Mission Hills Park and through adjoining neighborhood. | | |
| | | <i>Strenuous Walk</i> |
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| September 13, 2017 | Kottinger Community Park | 8:45-10:00am |
| Leaving the Senior Center we will walk down Second Street up to Kottinger Community Park and back on Mirador Drive. | | |
| | | <i>Moderate Walk</i> |
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| September 20, 2017 | Marilyn Murphy Kane Trail | 8:45-10:00am |
| Leaving the Senior Center on Paratransit we will be dropped off at the Trail Head and walk back. | | |
| | | <i>Moderate Walk</i> |
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| September 27, 2017 | Neal Street | 8:45-10:00am |
| Leaving the Senior Center we will walk down Second Street to Neal and up the hill through the neighborhoods. | | |
| | | <i>Strenuous Walk</i> |
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