



Pleasanton Sole Mates **July 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.

July 4, 2018

Closed for the Holiday

July 11, 2018 Mission Hills 8:45-10:00am

Leaving the Senior Center the group will walk through Mission Hills Park and through the adjoining neighborhood.

Moderate Walk

July 18, 2018 Patelco Sports Park 8:45-10:00am

Leaving the Senior Center the group will walk down Bernal Avenue and through the Sports Park.

Moderate Walk

July 25, 2018

Closed for Maintenance