



RANCHO
CUCAMONGA

FREE

NATIONAL PHYSICAL FITNESS & SPORTS MONTH

JOIN US



TRAINING ON THE NEW FITNESS COURT ALONG THE P.E. TRAIL AT CENTRAL PARK - SATURDAYS

5/8 & 5/15
9:00 a.m. - 10:00 a.m.

PROVIDED BY STUDIO 30



YOGA IN THE PARK AT LOS AMIGOS PARK - WEDNESDAYS

5/5, 5/12, 5/19, & 5/26
9:00 a.m. - 10:00 a.m.

PROVIDED BY IE  HP

CHALLENGES

Weekly

5/3 - Walking Challenge
5/10 - Push-up Challenge
5/17 - Squat Challenge
5/24 - Sit-up Challenge

RC GREAT OUTDOORS

Don't forget to log your time spent outside towards your 1000 hour goal challenge.

WALK-A-THON

Compete in your age category to walk the most miles this month. Register at RCpark.com



Check out our Facebook [@RanchoCucamongaCSD](https://www.facebook.com/RanchoCucamongaCSD) for weekly challenge details.

WWW.RCPARK.COM

