

Scripps Ranch Striders

Every Friday • 7:30am-8:30am

Enjoy an invigorating walk through scenic SR; add in interval training and circuit stations for conditioning. Experience the high energy, low impact workout of an OUTDOOR class. Each course offers hills, circuits, a scenic route and a fun group atmosphere! Great way to meet fellow SRSRC members.

- 4 courses to choose from.
- We change routes every month
- Meet at...
 - Jan/May/Sep - Aviary Club front gate
 - Feb/Jun/Oct - Crown Pointe clubhouse (enter the gate at Avenida Magnifica)
 - Mar/Jul/Nov - Trails Club parking lot
 - Apr/Aug/Dec - Whispering Ridge pool parking lot
- Contact Ruth at Fit2goON@aol.com, group leader of the SR Striders

Free

