<table>
<thead>
<tr>
<th>WEEK START</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1: 7/30</td>
<td><strong>3 WINS</strong> fitness or 30 min walk</td>
<td><strong>3 WINS</strong> fitness or 30 min walk</td>
<td><strong>3 WINS</strong> fitness or 30 min walk</td>
<td><strong>3 WINS</strong> fitness or 30 min walk</td>
<td><strong>3 WINS</strong> fitness or 30 min walk</td>
<td>30 min walk</td>
<td>REST</td>
</tr>
<tr>
<td>Week 2: 8/6</td>
<td><strong>3 WINS</strong> fitness or 6x (4min walk, 1min jog)</td>
<td>6x (4min walk, 1min jog)</td>
<td>6x (4min walk, 1min jog)</td>
<td>6x (4min walk, 1min jog)</td>
<td>6x (4min walk, 1min jog)</td>
<td>6x (4min walk, 1min jog)</td>
<td>REST</td>
</tr>
<tr>
<td>Week 3: 8/13</td>
<td>8x (3min walk, 1min jog)</td>
<td>30 min walk</td>
<td>30 min walk</td>
<td>30 min walk</td>
<td>VETERANS PARK HIKE CHALLENGE</td>
<td>8x (3min walk, 1min jog)</td>
<td>REST</td>
</tr>
<tr>
<td>Week 4: 8/20</td>
<td>10x (2min walk, 1min jog)</td>
<td>30 min walk</td>
<td>10x (2min walk, 1min jog)</td>
<td>30 min walk</td>
<td>VETERANS PARK HIKE CHALLENGE</td>
<td>10x (2min walk, 1min jog)</td>
<td>REST</td>
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<tr>
<td>Week 5: 8/27</td>
<td>10x (2min walk, 1min jog)</td>
<td>30 min walk</td>
<td>10x (2min walk, 1min jog)</td>
<td>30 min walk</td>
<td>VETERANS PARK HIKE CHALLENGE</td>
<td>10x (2min walk, 1min jog)</td>
<td>REST</td>
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<tr>
<td>Week 6: 9/3</td>
<td>3x (4min walk, 2min jog)</td>
<td>5x (4min walk, 2min jog)</td>
<td>5x (4min walk, 2min jog)</td>
<td>5x (4min walk, 2min jog)</td>
<td>3 WINS fitness</td>
<td>15min walk, 5min jog, 10min walk</td>
<td>REST</td>
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<tr>
<td>Week 7: 9/10</td>
<td>3x (4min walk, 2min jog)</td>
<td>6x (2min walk, 3min jog)</td>
<td>6x (2min walk, 3min jog)</td>
<td>6x (2min walk, 3min jog)</td>
<td>3 WINS fitness</td>
<td>10min walk, 10min jog, 10min walk</td>
<td>REST</td>
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<tr>
<td>Week 8: 9/17</td>
<td>3x (2min walk, 5min jog)</td>
<td>5x (2min walk, 5min jog)</td>
<td>5x (2min walk, 5min jog)</td>
<td>5x (2min walk, 5min jog)</td>
<td>3 WINS fitness</td>
<td>10min walk, 15min jog, 5min walk</td>
<td>REST</td>
</tr>
<tr>
<td>Week 9: 9/24</td>
<td>3x (2min walk, 8min jog)</td>
<td>3x (2min walk, 8min jog)</td>
<td>3x (2min walk, 8min jog)</td>
<td>3x (2min walk, 8min jog)</td>
<td>3 WINS fitness</td>
<td>5min walk, 20min jog, 5min walk</td>
<td>REST</td>
</tr>
<tr>
<td>Week 10: 10/1</td>
<td>2x (5min walk, 12min jog)</td>
<td>2x (5min walk, 12min jog)</td>
<td>2x (5min walk, 12min jog)</td>
<td>2x (5min walk, 12min jog)</td>
<td>3 WINS fitness</td>
<td>5min walk, 25min jog, 5min walk</td>
<td>REST</td>
</tr>
<tr>
<td>Week 11: 10/8</td>
<td>2x (5min walk, 15min jog)</td>
<td>30 minute walk</td>
<td>30 minute walk</td>
<td>30 minute walk</td>
<td>30 min walk</td>
<td>MATADOR FUN RUN 5K</td>
<td>REST</td>
</tr>
</tbody>
</table>

**Steven Loy, Ph.D., Founder of 3 WINS Fitness (www.3winsfitness.com), will be available to discuss your first steps forward to a healthier you pointing towards the 5K Matador FUN RUN, but also to help you get started in 3 WINS Fitness for a complete body workout with our nationally recognized program.**

- **Jul. 30** - San Fernando Recreation Center (8:15am-9:45am)
- **Aug. 1** - El Cariso Community Regional Park (8:30am-10am)
- **Jul. 31** - Lanark Recreation Center (8:30am-10am)
- **Aug. 2** - Crescenta Valley Community Regional Park (8:30am-10am)
Fall 2018 Park Times and Addresses

1) Crescenta Valley Community Regional Park
   County Park - T/Th: 8:30am - 10:00am
   3901 Dunsmore Ave.
   La Crescenta, CA 91214
   (818) 249-5940

2) David M. Gonzales Recreation Center
   City Park - M/W/F: 8:30am - 10:00am
   10943 Herrick Ave.
   Pacoima, CA 91331
   (818) 899-1950

3) El Cariso Community Regional Park
   County Park - M/W/F: 8:30am - 10:00am
   13100 Hubbard St.
   Sylmar, CA 91342
   (818) 367-5043

4) Lanark Recreation Center
   City Park - T/Th/F: 8:30am - 10:00am
   21816 Lanark St.
   Canoga Park, CA 91304
   (818) 883-1503

5) Our Lady of Peace Catholic Church
   Faith-Based - M/W/F: 7:15am - 8:45am
   15444 Nordhoff St.
   North Hills, CA 91343
   (818) 894-1176

6) San Fernando Recreation Center
   City of San Fernando - M/W/F: 8:15am - 9:45am
   208 Park Ave.
   San Fernando, CA 91340
   (818) 898-1290

3 WINS fitness
LOCATIONS
HOPES, DREAMS, HEALTH