Walk for Fitness and Fun

Course category: (Q) Health & Wellness

Instructor: **CEZARINA CORNEJO ALZONA**

Class Learning Objectives:

1) Learn about the Ocean View and surrounding areas that are excellent for walking and hiking.

2) A student may take this class several times to develop better hiking skills and endurance.

3) Walking will generally be led at a moderate to brisk pace to complete a route 3 to 4 miles. If desired or necessary options will be given to walk a shorter distance or walk less time.

4) Participants should ensure they're medically fit with physical capabilities and fitness to walk a minimum of 2.5 miles/hr.

5) Walking location information will be provided by email prior to each session.