

# Modesto Moves / Walk Group, 2024 Training Schedule

# MAY

<b>April 28</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>April 29</b> Monday 20 minute minimum of WALKING	<b>April 30</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 45-60 minute group workout	<b>1</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>2</b> Thursday 20 minute minimum of WALKING	<b>3</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>4</b> Saturday <b>7:30 am</b> <b>East La Loma Park</b> 3 miles or 50 minute maximum
<b>5</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>6</b> Monday 30 minute minimum of WALKING	<b>7</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-75 minute group workout	<b>8</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>9</b> Thursday 30 minute minimum of WALKING	<b>10</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>11</b> Saturday <b>7:30 am</b> <b>East La Loma Park</b> 3 miles or 50 minute maximum
<b>12</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>13</b> Monday 30 minute minimum of WALKING	<b>14</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>15</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>16</b> Thursday 30 minute minimum of WALKING	<b>17</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>18</b> Saturday <b>7:30 am</b> <b>East La Loma Park</b> 3 1/2 miles or 60 minute maximum
<b>19</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>20</b> Monday 30 minute minimum of WALKING	<b>21</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>22</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>23</b> Thursday 30 minute minimum of WALKING	<b>24</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>25</b> Saturday <b>Modesto Memorial Classic</b> 1 mile and/or 5K walk/run event
<b>26</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>27</b> Monday 30 minute minimum of WALKING	<b>28</b> Tuesday <b>6:30 pm</b> <b>Surgical Artistry</b> for 60-90 minute group workout	<b>29</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>30</b> Thursday 30 minute minimum of WALKING	<b>31</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>June 1</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 4 miles or 70 minute maximum

Note: ACTIVE MOVEMENT = cross training, yoga, dancing, swimming, stretching, strength training, etc. — just about anything that requires you to MOVE (!)

Schedule subject to change • Last update, 4/27/24