



Fitness for the Trail – Exercises for LIFE! Temescal Regional Park

Important Information – Please Read

The East Bay Regional Park District is proud to offer this program taught by Jayah Faye Paley

Gather & sign in at least 15 minutes before class begins!

Program Description

This is an easy class in terms of energy expenditure. We cover a lot of material, but gear it to many levels.

Anyone who enjoys the outdoors and wants to maintain their agility and ability to be outside will appreciate much of what we cover in the day.

What to Wear

Comfortable, layered clothing

What to Bring

Participant Waiver, signed & filled out – (Download)

Water

Exercise Mat or Towel

Pen

Writing pad

Snacks and a lunch

Directions to Class

Temescal Regional Recreation Area is located next to the Hwy; Hwy 24/Hwy 13 interchange in Oakland. Ample parking is available at the north end of the park, accessible from Broadway. Limited parking is available at the south end, accessible from Broadway Terrace. To reach the larger north end lot from the south end, drive east on Broadway Terr., go under Hwy 13 and turn left onto the Hwy 13 on ramp. Transition onto Hwy 24 east (Walnut Creek), exit at Old Tunnel Road, and turn right at the exit onto Broadway and proceed west to the north end parking lot entrance on the left.

MEET at Temescal Beach House

WEATHER CANCELLATION: If this program is cancelled due to weather, you will be notified as soon as possible and a refund will be issued.

Instructor has the responsibility to **start the class on time**. Late arrivals will miss crucial instructions.

If you are late, the instructor may recommend you take the class another day if too much has been missed; refunds will not be issued in these circumstances. If you choose to participate, do not expect the instructor to interrupt the class. Provide your completed Waiver/Emergency form and sign in.

Questions?

Call Instructor at (415) 699-3333
or Seminar@AdventureBuddies.NET