



Fitness Walks Five Days a Week

Maintain your fitness or get into better shape by joining us for a morning fitness walk. Enjoy the company of other hikers while perusing SaddleBrooke. The sessions last about one hour and are suitable for walkers of all ability levels. No advanced signup is required to participate in these walks. Please view the chart below for the start times for all the walking groups led by Bill Leightenheimer and Martha Hackworth.

Monday thru Friday fitness walks will start at the parking lot just west of the SaddleBrooke HOA #1 Fitness Center. If you have any questions please contact Martha at [818-2573](tel:818-2573) or Bill at [825-5756](tel:825-5756).

Fitness Walk Start Times

Date	Start times
Sept 1 – Oct 31 (Fall)	6:30 AM
Nov 1 – March 31 (Winter)	7:00 AM
April 1 – May 31 (Spring)	6:30 AM
June 1 – Aug 31 (Summer)	6:00 AM