



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
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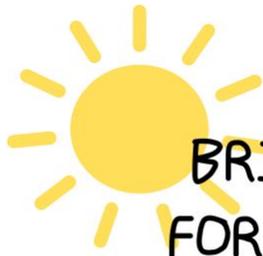
The Los Al Steppers

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department is excited to introduce a new walking program called “The Los Al Steppers!” This program was developed to bring the community together through a walking group that will encourage participants to stay active. Engaging in daily activity is important to one’s health and The Los Al Steppers group makes it more enjoyable. This program welcomes strollers, walkers, and even those wanting to scooter!

The Los Al Steppers program is an 8-week program for those 18 years and older that will take place at Little Cottonwood Park from 9:30am to 10:30am. The program will occur on Mondays from June 12 through August 14. The Los Al Steppers group will not meet on Monday, July 3. Little Cottonwood Park has a .35-mile loop with benches spread out, allowing rest for those who need it. The Los Al Steppers program will begin with a warmup that includes stretching and some mobility work, followed by a walk. Strength based exercises may be implemented as the group progresses. The resident price for the program is \$25 and the non-resident price is \$30. We hope to see you join The Los Al Steppers group!

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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A MORNING WALK
BRINGS GREAT SPIRITS
FOR THE REST OF YOUR DAY

**Come join The Los Al Steppers
for a community walk on
Mondays from 9:30-10:30am
at Little Cottonwood Park!**

Starting 6/12 - 8/14

**Register at the Los Alamitos Community Center
or online at losalrecreation.myrec.com.**

\$25 Resident/\$30 Non-Resident