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Live Well Program Gears up for Fall Fitness



Bicyclists take off for a ride in May at Frank Eaton Memorial Park in Perris. The City is sponsoring a series of three rides as well as other fitness programs beginning on Sept. 10.

The City of Perris is kicking off a series of free events in September to encourage more residents to get into better shape through walking, bicycling or aerobics.

"These events continue our Live Well Perris healthy-eating active-living campaign," said Recreation Coordinator Josh Estrada. "We want to encourage more and more people to get out and be active and improve their quality of life."

The new fitness programs include:

- "Geared Up," a trio of bicycle rides that grow more challenging. The initial 5-mile family ride takes place at 7:30 a.m. on Saturday, Sept. 10 and begins and ends at Frank Eaton Memorial Park, 3600 Bradley Road. A second, more advanced ride, takes place Oct. 15 at 7:30 a.m. and departs from the Perris Auto Speedway, 18700 Lake Perris Drive, and travels 10 miles inside the Lake Perris State Recreation Area. The final ride in the series will be held Nov. 19 and includes a 15-mile route that starts and ends at Eaton Park and goes through portions of the State Recreation Area.
- "Walk This Way," a walking program geared toward Perris seniors ages 55 or older. The series of four one-mile Wednesday morning walks takes place Oct. 5, 12, 19 and 26. Each walk starts and ends at the Bob Glass Gymnasium.

"The idea behind this program is to bring out the competitive nature in our seniors and get them to complete the four walks and encourage them to be active," Estrada said.

- "Witness the Fitness," a series of Thursday evening workouts at Bob Glass Gym and the Lake Perris State Recreation Area. The series begins with seven workouts on the lawn at the Bob Glass Gym that begins Oct. 6 and concludes Nov. 17. The final two sessions take place at 6 p.m. on Dec. 1 and 8 on the beach near Parking Lot 8 at the State Recreation Area.

All of the upcoming workouts will be conducted by City Fitness Instructor Laura Sosa. For more information, visit us at www.cityofperris.org or on Facebook at "[Perris Today](#)."

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