

TECOLOTE TREADS

All forms of movement are welcome at this one of a kind program. With beginner to advanced levels Tecolote Treads is designed to get participants up and out. Running drills will help increase participants endurance and help train one's way to happiness. This course is perfect for achieving one's fitness goals. **Running shoes are highly recommended**

Dates: January 7– February 27, 2020

Day(s): **Tuesday & Thursday**

Time: 11:00 AM–12:30 PM

Location: Tecolote Rec Center
4675 Tecolote Rd.
San Diego, CA 92110

Ages: 18 years and older

Cost: FREE

ActiveNet Code [67003]

Be Active.

Be Healthy.

Be Happy.



The City of

SAN DIEGO

Parks and Recreation Department

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