

# Modesto Moves / Walk Group, 2025 Training Schedule

# MAY

<b>April 27</b> Sunday	<b>April 28</b> Monday	<b>April 29</b> Tuesday	<b>April 30</b> Wednesday	<b>1</b> Thursday	<b>2</b> Friday	<b>3</b> Saturday
<b>4</b> Sunday	<b>5</b> Monday	<b>6</b> Tuesday	<b>7</b> Wednesday	<b>8</b> Thursday	<b>9</b> Friday	<b>10</b> Saturday <b>Season Begins!</b> <b>7:30 am</b> <b>East La Loma Park</b> 2.5 miles or 40 minute maximum
<b>11</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>12</b> Monday 20 minute minimum of WALKING	<b>13</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 45-60 minute group workout	<b>14</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>15</b> Thursday 20 minute minimum of WALKING	<b>16</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>17</b> Saturday <b>7:30 am</b> <b>East La Loma Park</b> 3 miles or 50 minute maximum
<b>18</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>19</b> Monday 20 minute minimum of WALKING	<b>20</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 45-60 minute group workout	<b>21</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	<b>22</b> Thursday 20 minute minimum of WALKING	<b>23</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>24</b> Saturday <b>Modesto Memorial Classic</b> 1 mile and/or 5K walk/run event
<b>25</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>26</b> Monday 30 minute minimum of WALKING	<b>27</b> Tuesday <b>6:30 pm</b> <b>Surgical Artistry</b> for 45-60 minute group workout	<b>28</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>29</b> Thursday 30 minute minimum of WALKING	<b>30</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>31</b> Saturday <b>7:30 am</b> <b>East La Loma Park</b> 4 miles or 65 minute maximum

Note: ACTIVE MOVEMENT = cross training, yoga, dancing, swimming, stretching, strength training, etc. — just about anything that requires you to MOVE (!)

Schedule subject to change • Last update, 4/28/25

# Modesto Moves / Walk Group, 2025 Training Schedule

# JUNE

<b>1</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>2</b> Monday 30 minute minimum of WALKING	<b>3</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-75 minute group workout	<b>4</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>5</b> Thursday 30 minute minimum of WALKING	<b>6</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>7</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 5 miles or 85 minute maximum
<b>8</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>9</b> Monday 30 minute minimum of WALKING	<b>10</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>11</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>12</b> Thursday 30 minute minimum of WALKING	<b>13</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>14</b> Saturday <b>Roger's Run</b> Faith Home Ranch, Ceres 5K walk/run event
<b>15</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>16</b> Monday 30 minute minimum of WALKING	<b>17</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>18</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>19</b> Thursday 30 minute minimum of WALKING	<b>20</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>21</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 6 miles or 100 minute maximum
<b>22</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>23</b> Monday 30 minute minimum of WALKING	<b>24</b> Tuesday <b>6:30 pm</b> <b>Surgical Artistry</b> for 60-90 minute group workout	<b>25</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>26</b> Thursday 30 minute minimum of WALKING	<b>27</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>28</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 5 miles or 85 minute maximum
<b>29</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>30</b> Monday 30 minute minimum of WALKING	<b>July 1</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>July 2</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>July 3</b> Thursday 30 minute minimum of WALKING	<b>July 4</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>July 5</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 6 miles or 100 minute maximum

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# Modesto Moves / Walk Group, 2025 Training Schedule

# JULY

<b>June 29</b> Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>June 30</b> Monday 30 minute minimum of WALKING	<b>1</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>2</b> Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>3</b> Thursday 30 minute minimum of WALKING	<b>4</b> Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	<b>5</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 6 miles or 100 minute maximum
<b>6</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>7</b> Monday 30 minute minimum of WALKING	<b>8</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>9</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>10</b> Thursday 30 minute minimum of WALKING	<b>11</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>12</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 7 miles or 120 minute maximum
<b>13</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>14</b> Monday 30 minute minimum of WALKING	<b>15</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>16</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>17</b> Thursday 30 minute minimum of WALKING	<b>18</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>19</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 8 miles or 135 minute maximum
<b>20</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>21</b> Monday 40 minute minimum of WALKING	<b>22</b> Tuesday <b>6:30 pm</b> <b>Surgical Artistry</b> for 60-90 minute group workout	<b>23</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>24</b> Thursday 40 minute minimum of WALKING	<b>25</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>26</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 10 miles or 170 minute maximum
<b>27</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>28</b> Monday 40 minute minimum of WALKING	<b>29</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>30</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>31</b> Thursday 40 minute minimum of WALKING	<b>Aug 1</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>Aug 2</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 7 miles or 120 minute maximum

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# Modesto Moves / Walk Group, 2025 Training Schedule

# AUGUST

<b>July 27</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>July 28</b> Monday 40 minute minimum of WALKING	<b>July 29</b> Tuesday <b>6:30 pm Roseburg Square</b> for 60-120 minute group workout	<b>July 30</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>July 31</b> Thursday 40 minute minimum of WALKING	<b>1</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>2</b> Saturday <b>6:30 am East La Loma Park</b> 7 miles or 120 minute maximum
<b>3</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>4</b> Monday 40 minute minimum of WALKING	<b>5</b> Tuesday <b>6:30 pm Roseburg Square</b> for 60-120 minute group workout	<b>6</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>7</b> Thursday 40 minute minimum of WALKING	<b>8</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>9</b> Saturday <b>6:30 am East La Loma Park</b> 8 1/2 miles or 140 minute maximum
<b>10</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>11</b> Monday 40 minute minimum of WALKING	<b>12</b> Tuesday <b>6:30 pm Roseburg Square</b> for 60-120 minute group workout	<b>13</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>14</b> Thursday 40 minute minimum of WALKING	<b>15</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>16</b> Saturday <b>6:30 am East La Loma Park</b> 10 miles or 170 minute maximum
<b>17</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>18</b> Monday 40 minute minimum of WALKING	<b>19</b> Tuesday <b>6:30 pm Roseburg Square</b> for 60-120 minute group workout	<b>20</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>21</b> Thursday 40 minute minimum of WALKING	<b>22</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>23</b> Saturday <b>6:30 am East La Loma Park</b> 7 miles or 120 minute maximum
<b>24</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>25</b> Monday 50 minute minimum of WALKING	<b>26</b> Tuesday <b>6:30 pm Surgical Artistry</b> for 60-120 minute group workout	<b>27</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>28</b> Thursday 50 minute minimum of WALKING	<b>29</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>30</b> Saturday <b>6:30 am East La Loma Park</b> 9 miles or 150 minute maximum

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# Modesto Moves / Walk Group, 2025 Training Schedule

# SEPTEMBER

<b>Aug 31</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>1</b> Monday 50 minute minimum of WALKING	<b>2</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>3</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>4</b> Thursday 50 minute minimum of WALKING	<b>5</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>6</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 11 miles or 185 minute maximum
<b>7</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>8</b> Monday 50 minute minimum of WALKING	<b>9</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>10</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>11</b> Thursday 50 minute minimum of WALKING	<b>12</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>13</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 9 miles or 150 minute maximum
<b>14</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>15</b> Monday 50 minute minimum of WALKING	<b>16</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-120 minute group workout	<b>17</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>18</b> Thursday 50 minute minimum of WALKING	<b>19</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>20</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 7 miles or 120 minute maximum
<b>21</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>22</b> Monday 50 minute minimum of WALKING	<b>23</b> Tuesday <b>6:30 pm</b> <b>Surgical Artistry</b> for 60-120 minute group workout	<b>24</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>25</b> Thursday 50 minute minimum of WALKING	<b>26</b> Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>27</b> Saturday <b>6:30 am</b> <b>East La Loma Park</b> 5 miles or 85 minute maximum
<b>28</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>29</b> Monday 30 minute minimum of WALKING	<b>30</b> Tuesday <b>6:30 pm</b> <b>Roseburg Square</b> for 60-90 minute group workout	<b>Oct 1</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>Oct 2</b> Thursday 20 minute minimum of WALKING	<b>Oct 3</b> Friday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>Oct 4</b> Saturday Minimal activity

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# Modesto Moves / Walk Group, 2025 Training Schedule

# OCTOBER

<b>Sept 28</b> Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	<b>Sept 29</b> Monday 30 minute minimum of WALKING	<b>Sept 30</b> Tuesday <b>6:30 pm Roseburg Square</b> for 60-90 minute group workout	<b>1</b> Wednesday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>2</b> Thursday 20 minute minimum of WALKING	<b>3</b> Friday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>4</b> Saturday Minimal activity
<b>5</b> Sunday <b>Peace Officers Memorial Run!</b> 5K, Relay or 13.1 half marathon	<b>6</b> Monday Rest/Recovery 20 minute minimum of WALKING	<b>7</b> Tuesday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>8</b> Wednesday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>9</b> Thursday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>10</b> Friday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	<b>11</b> Saturday Rest/Recovery 30 minute minimum of WALKING
<b>12</b> Sunday	<b>13</b> Monday	<b>14</b> Tuesday	<b>15</b> Wednesday	<b>16</b> Thursday	<b>17</b> Friday	<b>18</b> Saturday
<b>19</b> Sunday	<b>20</b> Monday	<b>21</b> Tuesday	<b>22</b> Wednesday	<b>23</b> Thursday	<b>24</b> Friday	<b>25</b> Saturday
<b>26</b> Sunday	<b>27</b> Monday	<b>28</b> Tuesday	<b>29</b> Wednesday	<b>30</b> Thursday	<b>31</b> Friday	Saturday

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