



Make yourself a priority and join in on the CAPIA fitness options!



## Sunset Yoga on the Lawn

**TUESDAY, NOVEMBER 5TH AT 1730**



## Indoor Cycle Class

**WEDNESDAY, NOV 6TH FROM 0600 - 0645**

Pismo Beach Athletic Club  
1751 Price St. Pismo Beach



## Sunrise Hike and Trail Run

**THURSDAY, NOV 7TH AT 0600**

Pismo Preserve.  
80 Mattie Road. Pismo Beach

