

Catalina Cardio Challenge

The Voyage Continues

June 9th-27th



This 3 week program requires participants to Complete the 60 miles roundtrip from Long Beach to the island and back.



**Treadmill, Elliptical, Bike, Stairclimber
Running, All Miles Count!**



**Stop by or call the Fitness Center to sign-up
(562) 427-3462**

**BOEING
Long Beach Fitness**

