

EQ Hiking Groups

EQ Sports Hiking Groups:

It's summertime and the Central Coast hills are calling...for EQ ladies to get moving! EQ Sports has started a Hiking Group every 2nd Saturday of the month starting July 10th! So lace up your trail runners and get your friends together, grab a water bottle and let's go! Each Saturday will be a different meeting place, between 730am to 8am, depending on the hike. We will be experiencing hikes at Montana De Oro, Cambria, Avila, and of course hiking our favorite SLO hills, as well! Each hike *will be at the advanced level* so please keep that in mind! Come join us and experience the Central Coast's beauty while getting a great butt kicking workout at the same time. There will be a sign up sheet at the front desk each 2nd week of the month for that Saturday's hike. There will be a \$10 fee for each hike.

For more information or questions please contact Natalie Rossier: natalie@eqclubs.com.

