

Dr. Karp's Run-Fit Boot Camp

Nobel Athletic Field, Thursdays @ 7:00 am

From Interstate 805 North, take the Nobel Drive exit and turn left on Nobel Drive. Turn right at the third light on Shoreline Drive. Take the first right on Toscana Drive and park in the parking lot on your right. Meet at the covered picnic tables near the children's playground. You can also take Judicial Drive from Nobel Drive, park at the library, and walk down the stairs to the picnic tables and grass field.