

Mittens Monday

Love Mondays and stay warm with your favorite mittens, or pick up a super comfy, fluffy and new pair as we start our week with a fun, group workout! Join us at Ridgeway for a 3 mile relaxing neighborhood workout. Ideal for walkers and runners!

Roc the Alps Tuesday

Join us Tuesdays where we'll work collectively to ROC the Tuesday Night Hills at both Victor and Armory. Attendees will workout as a group to collect enough "elevation feet" to scale the three largest peaks in the Alps! Walkers and runners are welcome!

Thaw Out the Trails Thursday

Enjoy a group walk, hike or run on the Seneca Trail at the Thursday Night Trails and Ales at our Victor store! You decide the distance on an "out and back" course, and after the trails we meet and socialize over ales at local establishments

Flannel Friday

Break out your most colorful and comfy flannels and finish your work week with a relaxed group workout! We alternate weeks between Ridgeway and Armory for an easy 3 mile neighborhood walk or run.

1/3 – Armory

1/10 – Ridgeway

1/17 – Armory

1/24 – Ridgeway

1/31 – Armory

2/7 – Ridgeway

2/14 – Armory

2/21 – Ridgeway

2/28 – Armory

Snowflake Saturday

Don't let the snowflakes deter you! Join the group to get some weekend miles every Saturday! We'll rotate between Armory, Ridgeway and Victor, and you choose between a 3 and 5 mile route. Ideal for walkers and runners!

1/11 – Armory

1/18 – Ridgeway

1/25 – Victor

2/1 – Armory

2/8 – Ridgeway

2/15 – Victor

2/22 – Armory