

Deck the Hills Run and Walk

At Both the Armory and Victor

Tuesday, December 3, 10 and 17

Join us at the Tuesday Hill Workouts at either the Armory or Victor, and light up the night! Along with your headlamps and reflectivity, wear your brightest holidays lights and decorations and make a festive statement during your workout! Ideal for all fitness levels, all are welcome!

Trails and Toys

At Victor

Thursday, December 5, 12, 19

Make the Thursday Trails and Ales workout even more special by bringing a new unwrapped toy to donate! All collected toys, for boys and girls of all ages, will be donated to The Pirate Toy Drive on December 21. Ideal for all fitness levels, all are welcome!

Count the Lights Run and Walk

Friday, December 6 at Ridgeway

Friday, December 13 at the Armory

Friday, December 20 at Ridgeway

Multi-task on your walk and run! During your workout, count the number of decorated houses you see. Keep track and see how many are added every week leading up to the holidays! Ideal for all fitness levels, all are welcome!

Candy Cane Run and Walk

At All Three Rochester Locations!

Saturday, December 7

Our fun Saturday workout finishes with a sweet treat! Ideal for all fitness levels, all are welcome!

Cookie Recipe Run and Walk

At Ridgeway

Monday, December 9

Start your week with the Monday Funday Workout, with an extra holiday twist! Bring your favorite holiday cookie recipe to share! Trade, compare notes or offer tips! Help bring some additional holiday cheer to other kitchens throughout the community! Ideal for all fitness levels, all are welcome!

Cookie Exchange Run and Walk

At Ridgeway

Monday, December 16

You traded the recipes, now bring your favorite cookies to share after the workout! Ideal for all fitness levels, all are welcome!

Dreidel Games Run and Walk

At Ridgeway

Monday, December 23

After the workout test to skills and abilities with the Dreidel Games! Who has the most skill and focus? Ideal for all fitness levels, all are welcome!