



FIT HOUSTON #WALK30 FREE COMMUNITY WALKING GROUPS

MONDAYS 8:30 AM IN CYPRESS
RICHARD AND MEG WEEKLEY COMMUNITY CENTER
8440 Greenhouse Road
Cypress, TX 77433

TUESDAYS 8 AM IN NORTHLINE/NORTHSIDE
SAM HOUSTON MATH, SCIENCE, AND TECHNOLOGY CENTER HIGH SCHOOL - English + Spanish
9400 Irvington Blvd.
Houston, TX 77076

TUESDAYS 8 AM IN GULFTON
JIM AND JOANN FONTENO SENIOR EDUCATION CENTER
6600 Bissonnet Street
Houston, TX 77074

TUESDAYS 8 AM IN KATY
MARY JO PECKHAM AQUATIC & FITNESS CENTER
5597 Gardenia Lane
Katy, TX 77493

TUESDAYS 9 AM IN ALIEF
ALIEF NEIGHBORHOOD CENTER - English + Vietnamese
11903 Bellaire Blvd.
Houston, TX 77072

WEDNESDAYS 8 AM IN SPRING BRANCH
SPRING BRANCH #WALK30 - Spanish
Meet at Spring Branch Family Development Center

This tight-knit walking group meets and walks in the Pitner community of East Spring Branch. The area presents some challenges—uneven walking surfaces, ongoing neighborhood development, and occasional stray dogs—but our group is experienced, cohesive, and supportive of all members.

8575 Pitner Road
Houston, TX 77080

WEDNESDAYS 8:30 AM IN FOUR CORNERS
FIT FORT BEND FOUR CORNERS SENIOR WALKING GROUP
FOUR CORNERS RECREATION CENTER
15710 Old Richmond Road
Sugar Land, TX 77498

WEDNESDAYS 11 AM IN FIFTH WARD
JULIA C. HESTER HOUSE SENIOR WALKING GROUP
2020 Solo Street
Houston, TX 77020

THURSDAYS 8 AM IN GULFTON
BURNETT BAYLAND PARK - Multi-lingual group - Amharic + Dari + English + Pashto + Spanish + Tigrinya + Urdu
6026 Chimney Rock Road
Houston, TX 77081



THURSDAYS 9 AM IN DENVER HARBOR
DENVER HARBOR MULTI-SERVICE CENTER - English + Spanish
6402 Market Street
Houston, TX 77020

THURSDAYS 6 PM IN GULFTON
BURNETT BAYLAND PARK - English + Spanish
6026 Chimney Rock Road
Houston, TX 77081

FRIDAYS 8 AM IN NORTH HOUSTON
CLARK PARK - English + Spanish
9718 Clark Road
Houston, TX 77076

FRIDAYS 8:30 AM IN THIRD WARD
Meet at The RADO Market

This friendly walking group meets in Third Ward and follows the Columbia Tap Trail through the neighborhood.

Be prepared for variable pavement, ongoing development, and free-roaming dogs while walking with experienced walkers who welcome new participants.

Coffee Chat afterwards at RADO (10 am- 11 am).
2310 Elgin St
Houston, TX 77004

FRIDAYS 8:30 AM IN IDYLWOOD
BROOKDALE VILLAGE NEAR GULFGATE - Meet at Leasing Office – English + Spanish + Q'eqchi

Walkers speak English, Spanish, and Q'eqchi. Our walking route reflects both urban challenges and community vibrance. While some buildings and lots are in disrepair, you'll discover hidden gems - from historic architecture and beautiful homes to Buffalo Bayou wildlife. This walk provides an authentic look at a neighborhood in transition, where residents work together to enrich their community. We ask visitors to approach with respect, understanding, and an open mind to support the community.

6113 Gulf Freeway
Houston, TX 77023

SATURDAYS 7 AM IN EAST ALDINE
EAST ALDINE TOWN CENTER
2909 East Aldine Amphitheatre Dr
Houston, TX 77039

SATURDAYS 9 AM IN NORTHSIDE
MOODY PARK
3725 Fulton Street
Houston, TX 77009

MONDAYS AT 9 AM IN MISSOURI CITY
PINNACLE SENIOR CENTER
5525 Hobby Rd Bldg. C
Houston, TX 77053

Contact getmoving@fithouston.org for more information.
Follow us [@fithouston1](#) for upcoming events!