



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

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

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

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 10 AM IN PLEASANTVILLE
JUDSON ROBINSON SENIOR COMMUNITY CENTER
1422 Ledwicke Street
Houston, TX 77029

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



**WEDNESDAYS 8:15 AM IN SUGAR LAND
NEW TERRITORY**

6101 Homeward Way
Sugar Land, TX 77479

**WEDNESDAYS 6 PM IN EAST ALDINE
EAST ALDINE TOWN CENTER**

2909 East Aldine Amphitheatre Dr
Houston, TX 77039

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

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 afterward at RADO with free coffee (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.

We ask visitors to approach with respect and understanding.

6113 Gulf Freeway
Houston, TX 77023

FRIDAYS 9:30 AM IN ALIEF

ALIEF NEIGHBORHOOD CENTER - English + Vietnamese

11903 Bellaire Blvd.
Houston, TX 77072



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

Contact getmoving@fithouston.org for more information.
Follow us [@fithouston1](https://twitter.com/fithouston1) for upcoming events!



FIT HOUSTON #WALK30 GRUPOS COMUNITARIOS DE CAMINATA GRATUITOS

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

LUNES 9 AM EN MISSOURI CITY
PINNACLE SENIOR CENTER
5525 Hobby Rd Bldg.C
Houston, TX 77053

MARTES 8 AM EN NORTHLINE/NORTHSIDE
SAM HOUSTON MATH, SCIENCE, AND TECHNOLOGY CENTER HIGH SCHOOL - Inglés + Español
9400 Irvington Blvd.
Houston, TX 77076

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

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

MIÉRCOLES 8 AM EN SPRING BRANCH
SPRING BRANCH #WALK30 - Español
Encuétranos en en el Spring Branch Family Development Center
Este grupo de caminata se reúne y camina en la comunidad de Pitner, en East Spring Branch.
El área presenta algunos desafíos: superficies irregulares para caminar, desarrollo continuo del vecindario y perros callejeros ocasionales, pero nuestro grupo es experimentado, unido y apoya a todos los miembros.
8575 Pitner Road
Houston, TX 77080

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Sugar Land, TX 77498

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**MIÉRCOLES 6 PM EN EAST ALDINE
EAST ALDINE TOWN CENTER**

2909 East Aldine Amphitheatre Dr
Houston, TX 77039

JUEVES 8 AM EN GULFTON

BURNETT BAYLAND PARK - Grupo multilingüe - Amhárico + Dari + Inglés + Pastún + Español + Tigríña + Urdu
6026 Chimney Rock Road
Houston, TX 77081

JUEVES 9 AM EN DENVER HARBOR

DENVER HARBOR MULTI-SERVICE CENTER - Inglés + Español

6402 Market Street
Houston, TX 77020

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Houston, TX 77081

VIERNES 8 AM EN NORTH HOUSTON

CLARK PARK

9718 Clark Road
Houston, TX 77076

VIERNES 8:30 AM EN THIRD WARD

Reunirse en The RADO Market

Este amigable grupo de caminata se reúne en Third Ward y sigue el Columbia Tap Trail por el vecindario.

Prepárese para pavimento variable, desarrollo continuo y perros sueltos

mientras camina con caminantes experimentados que dan la bienvenida a nuevos participantes.

Plática con café después en RADO con café gratis (10 am - 11 am).

2310 Elgin St
Houston, TX 77004

VIERNES 8:30 AM EN IDYLWOOD

BROOKDALE VILLAGE NEAR GULFGATE - Reunirse en la Oficina de Arrendamiento – Inglés + Español + Q'eqchi

Los caminantes hablan inglés, español y q'eqchi. Nuestra ruta de caminata refleja los desafíos urbanos como la vitalidad comunitaria. Aunque algunos edificios y lotes están en mal estado, va a descubrir joyas escondidas, desde arquitectura histórica y hermosas casas hasta la vida silvestre del Buffalo Bayou. Esta caminata ofrece una mirada auténtica a un vecindario en transición. Pedimos a los visitantes que se acerquen con respeto, comprensión y mente abierta para apoyar a la comunidad.

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Houston, TX 77023

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ALIEF NEIGHBORHOOD CENTER - Inglés + Vietnamita

11903 Bellaire Blvd.



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Síguenos [@fithouston1](https://www.instagram.com/fithouston1) ¡para próximos eventos!