

Here is Where you can "Get in and Walk" in the Community:

MALLS

- **West Acres Mall** (1-29 and 13th Avenue South, Fargo)
Open: Monday - Saturday : 7:00 a.m. to 9:00 p.m.
Sunday : 9:00 a.m. to 6:00 p.m.
(701) 282-2222
- **Moorhead Center Mall** (5th Street and Center Avenue)
Open: Monday - Friday: 7:30 a.m. to 9:00 p.m.
Saturday: 9:00 a.m. to 5:00 p.m.
Sunday: 10:30 a.m. to 5:00 p.m.
(218) 233-6117

RECREATION CENTERS

- **Moorhead Sports Center** (324 24th Street South)
Open: Monday – Thursday: 6:00 a.m. to 9:00 p.m.
Friday: 6:00 a.m. to 8:00 p.m.
Saturday: 8:00 a.m. to 4:00 p.m.
Sunday: 8:00 a.m. to 7:00 p.m.
Weekend hours vary.
Walking may be canceled during special events.
(218) 299-5353 for recording of hours
- **Fargo South Sports Arena**
(17th Avenue and 20th Street South)
Open: Monday - Saturday: 7:00 a.m. to 9:00 p.m.
Sunday: 12:00 p.m. to 9:00 p.m.
(November – February)
The arena is available year-round for walking whenever the building is open. Hours are seasonal and may vary depending on activities.
(701) 241-8153
- **Fargo North High Gym and Track**
(17th Avenue North and 7th Street)
Open: Monday-Friday: 6:30 a.m. to 9:00 p.m.
Saturday: 9:00 a.m. to 4:00 p.m.
Sunday 12:00 p.m. to 3:00 p.m.
(September – May)
Holiday hours are posted on site.
(701) 499-6060

- **Rustad Recreation Center** (601 26th Avenue East, West Fargo)
Open: Monday – Friday: 7:30 a.m. to 9:00 p.m.
Saturday: 8:00 a.m. to 8:00 p.m.
Sunday: 10:00 a.m. to 6:00 p.m.
(701) 433-5360
- **West Fargo Veterans Arena** (1201 7th Avenue East)
Open: Monday - Sunday: 7:00 a.m. to 10:00 p.m.
Closed during scheduled events. Monthly calender available at site.
(701) 433-5370

COLLEGES

- **Concordia College/Olson Forum** (901 8th Street South, Moorhead)
Open: Monday – Thursday: 6:00 a.m. to 12:00 a.m.
Friday: 6:00 a.m. to 10:00 p.m.
Saturday – Sunday: 12:00 p.m. to 10:00 p.m.
Closed during school breaks.
(218) 299-4310

OTHERS

- **Downtown Skyway** (Downtown Fargo)
Open: Monday – Friday: 7:00 a.m. to 6:00 p.m.
Saturday: 10:00 a.m. to 5:00 p.m.

Access Points:

- Civic Center: corner of 4th Street and 2nd Ave N, go up to the 2nd floor
- By Firestone Tire: 4th Street between 2nd and 3rd Ave
- Radisson Hotel: 3rd floor, Skyway door
- US Bank: 2nd Ave between 5th and 6th Street
- Next to Metro Drug: 123 ½ Broadway
- Black Building: 118 Broadway

Note: Many of the indoor walking places mentioned in this brochure have seasonal hours and schedule around special events. Hours and changes are usually posted on websites or social media pages. If you are going to a facility for the first time it may be helpful to call first to verify the hours. Some local schools offer indoor walking to the public; contact your neighborhood school for available hours.



5 Ways to Get Your Steps in Every Day!

- 1) Park near the back of parking lots or another block away from your destination and walk.
- 2) Take the stairs instead of the elevator.
- 3) Pace the floor while talking on the phone.
- 4) Try walking with a pedometer or a Fitbit to track your steps. (About 2,000 steps equal one mile)
- 5) Listening to music can help keep your pace.



Indoor Walking Locations in the Fargo-Moorhead Area

Walking outdoors can be difficult and dangerous when the temperature drops. Walking indoors is a great way to stay active!

