

**Here is where you can
"Get In and Walk"
in the community!**

MALLS

- **West Acres, Fargo** (1-29 and 13th Avenue South)
Open: 7:00 a.m. to 9:00 p.m. Monday - Saturday
7:00 a.m. to 6:00 p.m. Sunday
282-2222
- **Moorhead Center Mall** (5th Street and Center Avenue)
Open: 7:00 a.m. to 9:00 p.m. Monday - Friday
7:15 a.m. to 5:30 p.m. Saturday
9:30 a.m. to 5:00 p.m. Sunday
233-6117

RECREATION CENTERS

- **Moorhead Sports Center** (324 24th Street South)
Open: 5:00 a.m. to 10:30 p.m. Monday – Friday
Opens 7:00a.m. Sat and 11:00a.m. Sun.
Weekend hours vary. Walking may be canceled during special events. **299-5354**
- **Fargo South Sports Arena**
(17th Avenue and 20th Street South)
Open: 7:00 a.m. to 10:30 p.m. Monday – Friday
7:00a.m. to 9:00 p.m. Saturday
12:00 p.m. to 9:00 p.m. Sunday
The arena is available for walking whenever the building is open. Hours may vary depending on activities. Call **241-8153** for weekly schedules.
- **Fargo North High Gym and Track**
(17th Avenue North and 7th Street)
Open: 6:30 a.m. to 9:30 p.m. Monday-Friday
9:00 a.m. to 4:00 p.m. Saturday
12:00 p.m. to 8:00 p.m. Sunday
Hours vary depending on activities; holiday hours are posted on site. **241- 1350**

- **West Fargo Veterans Arena** (1201 7th Avenue East)
Open: 7:00 a.m. to 10:00 p.m. Monday-Sunday
Check monthly schedule available at the arena for other scheduled activities. **433-5370**

COLLEGES

- **Concordia College/Olson Forum** (901 8th Street South)
Open: 6:00 a.m. to 8:00 a.m. Monday – Friday
9:30 a.m. to 10:30 a.m. Monday – Friday
12:00 p.m. to 1:00 p.m. Monday – Friday
Times listed during the school year. **299-4310**
- **Minnesota State University Moorhead Nemzek Hall**
(1104 7th Avenue South)
Open: Any time prior to 11:00a.m. Monday – Friday
Times listed during the school year and occasionally over the summer. **477-2309**

OTHERS

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

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
- 415 3rd Ave N
- 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 site. If you are going to a facility for the first time it may be helpful to call first to verify the hours. **2,000 steps equals about one mile.



5 Ways to Get Your Step in Every Day!

- 1) Park far away from your destination and walk.
- 2) Take the stairs instead of the elevator.
- 3) Pace the floor while talking on the phone.
- 4) Walk into the bank, coffee shop, or restaurant instead of using the drive-up window.
- 5) Walk to the restroom farthest away from you.



Fargo Cass Public Health
Revised January 2008

Indoor Walking in the Fargo-Moorhead Area

Getting out when the temperature drops can be tough, and sometimes walking indoors is just more comfortable! Here are a few places to go to get your steps inside.

