

Fit City Week Events

Sunday, May 11

Celebrate Mother's Day and bring the family for free pool & slide Location: Hallett Center of Crosby Time: 12:00 p.m. – 3:00 p.m. No registration required

CycloFemme Ride

Location: Hallett Center of Crosby

Time: 3:00 p.m.

Monday, May 12

Join Cuyuna Regional Medical Center's Chief Operating Officer Amy Hart for an afternoon bicycle tour.

Location: The ride will start at the Crosby Eye Clinic.

Time: 5:00 p.m.

No registration required

Experienced riders join in on a 20/40 Mile Bike Ride on the Cuyuna Trails

Location: Hallett Center parking lot

Time: 5:30 p.m.

Tuesday, May 13

Try a new class or take an old favorite. FREE Pilates; Cardio Fit; Yoga Fit; Boot Camp

Location: Hallett Center of Crosby

Time: Check schedule at www.hallettcenter.com

or call 218-546-2616

Free Hoops in the John Spalj Arena

Location: Hallett Center of Crosby Time: 3:30 p.m. - 7:00 p.m.

Wednesday, May 14

Join B.O.W.S. (Babes on Wheels) Mountain Bike Group for an evening ride

Don't have a bike? Rentals are available at Cycle Path & Paddle for \$10.00 Location: Cycle Path & Paddle

Time: 6:00pm

Thursday, May 15

Crosby Recess: Walk a Mile Day

Businesses are encouraged to host a "fitness walk" during the lunch break or at a time in a day.

Location: Varies Time: Varies

Try a new class or take an old favorite.
FREE Pilates; Cardio Fit; Senior Yoga Fit; Boot Camp

Location: Hallett Center of Crosby

Time: Check schedule at www.hallettcenter.com or call 218-546-2616

Free Rollerblading in the John Spalj Arena

Location: Hallett Center of Crosby Time: 3:30 p.m. - 7:00 p.m.

Friday, May 16

Celebrate National Bike to Work Day by riding to work! Open Swim & Slide

Location: Hallett Center of Crosby

Time: 5:30pm – 7:30pm

Saturday, May 17

Fit City Family Fun Run

1K/5K/10K

Location: All races start and end at Hallett Center Times: 6:30 a.m. - 7:30 a.m.: Race Registration

8:00 a.m. 10K Run (Chip timed)

8:15 a.m. 5K Walk/Run (Chip timed)

9:00 a.m. 1K Walk/Run

10:00 -12:00 p.m. Bike Rodeo sponsored by Crosby Police Department & CRMC (Please bring helmet)

Following all races join Hallett Center of Crosby & Cuyuna Regional Medical Center's Project Can-do for prize drawings, family activities (Bouncy House, Obstacle course & 3 on 3 basketball) and refreshments at Hallett Center of Crosby.

All Week

Celebrate National Bike to work week. Start choosing healthier food options when eating out, at home or work.

Free walking on Hallett Center's indoor track.





Project Can-do.