



65 Mile Fitness Challenge



List of Approved Activities

1 Hour of Activity = 1 Mile

Fitness	
Zumba Fitness	Latin Inspired Zumba
Pilates	Zumba For All
Pound For All	Yoga

Athletics	
Youth Lacrosse Camp	Youth Soccer Camp
Youth Volleyball Camp	Adult Kickball League
Fencing Camp & Games	Youth Tackle League
Youth Ultimate Frisbee Camp	

Swim	
Making A Splash For All	Aqua Zumba Fitness
Masters Swimming	Swim Lessons
Aqua Boot Camp	

Dance
Any Dance Class

Special Events
Youth TryAthlon

50 and Active	
Aerobic Jam	Moving and Grooving!
Cardio and Strength	Sun Style Tai Chi
50 & Wiser Yoga Level 1	50 + Lets Play Golf
Extra Gentle Yoga	Pickleball
Pilates	

General Activities (Must be done in Harrisonburg Parks or Facilities)	
Swimming	Ultimate Frisbee
Walking/Jogging/Running	Disc Golf
Biking	Using Skatepark
Basketball	Volleyball
Tennis	Exercise Trail at Hillandale

Please contact Ali Routzahn at 540-433-2474 or Alexandra.Routzahn@HarrisonburgVA.gov to register