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**EXPLORE**

# Workout island style with FitGirl's guide to Galveston

By Joy Sewing | August 12, 2015

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Photo: Chris Stewart, FRE

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**IMAGE 2 OF 5**

You even surf the waves.

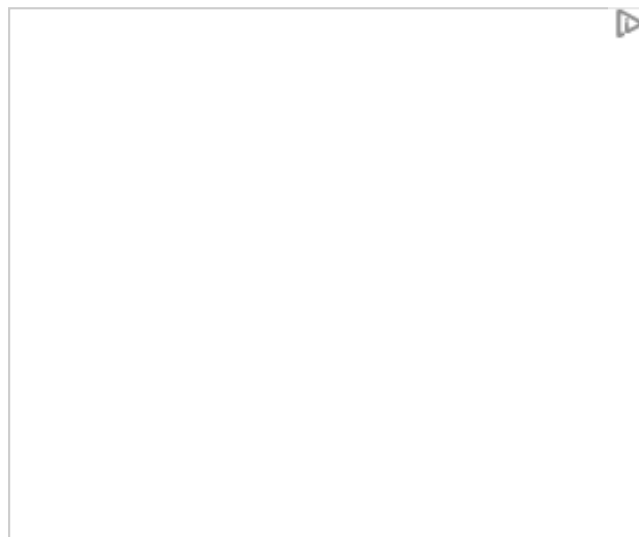
If you're headed to Galveston and need to keep your fitness game on target, here are some ways get a workout in while you're there.

### Get Moving at **fitTRIron**

Doesn't matter if you're a walker, runner, triathlete, swimmer, cross-fitter or just like to get moving, **fitTRIron** is the perfect place. The specialty store, which is located in historic downtown Galveston, offers expert advice on gear, as well as holds active events:

At 7 a.m. Sundays, meet at 69th & Seawall (Moody Bank Parking lot) for a bike ride (only tri, road, or hybrid bikes) and must wear helme. All paces welcome. Distances vary.

At 6 p.m. Thursdays, meet at the gravel parking lot adjacent to Islander East Condos (near Beach Town, on East Beach Dr) for a bike ride. All paces welcome. Must wear a helmet, bring own hydration and supplies. For details, visit [www.fittrirun.com](http://www.fittrirun.com)



### Sunrise or Sunset Yoga on the Beach

Try sunrise and sunset beach yoga sessions led by experienced instructors from **The Body Space Yoga & Pilates**. The classes are seasonal, so check the studio for confirmation. Each class is \$14. For more info, visit [www.thebodyspacegalveston.com](http://www.thebodyspacegalveston.com)

### A Seawall Run, Walk

More than 10 miles long, Galveston's seawall is the nation's longest continuous sidewalk and a great place for a daily run, walk, jog, skate or bicycle ride. It also makes the island a

popular destination for marathons, triathlons and other races. You can park at any meter along the sea wall.

## Go on a Paddle Board Excursion

Try a paddle boarding excursion or a surfing lesson with **Ohana Surf & Skate**. Ohana offers an extensive selection of stand-up paddle boards for all skill levels, as well as surfing lessons and gear. Lessons include one-on-one instruction on the beach and in the water. Prices are \$55-\$120 per person. Prices: \$5-6 for juices, \$5:50-6:25 for smoothies, \$5-\$10 for sandwiches. For details, visit [www.ohanasurfandskate.com](http://www.ohanasurfandskate.com)

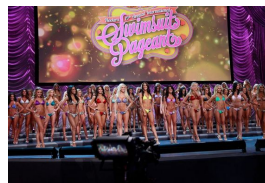
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## LIFESTYLE

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**Looking back: Aug. 13**

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## Explore the Ropes Course & Zip Line at Moody Gardens

This is the Gulf Coast's tallest five-tier Sky Trail Explorer Ropes Course and new Zip Line. Ranging from Criss-Cross Tight Ropes to Burma Buckets, the 71-foot Ropes Course is filled with 48 obstacles. You can glide 60 feet in the air on the **Moody Gardens** Zip Line for an aerial view of the Moody Gardens Pyramids and tropical gardens. Prices: \$20 for the Sky Trail Explorer Ropes Course, \$20 for the Zip Line Roundtrip, \$30 for the Ropes Course & Zip Line Combo, \$5 for the Sky Tykes Ropes Course (for children 48" and under). For details, visit [www.moodygardens.com](http://www.moodygardens.com)

## Enjoy the Outdoors at Galveston Island State Park

**Galveston Island State Park** is a scenic place for kayaking, birding and nature exploration. The 1,200-acre state park hosts many examples of barrier island habitats

explored easily from the beach or by walking trails. The park also offers free, regularly scheduled activities, including kayak tours, beach and surf explorations, bird walks, nature field trips and fishing clinics. For more information, visit <http://tpwd.texas.gov/state-parks/galveston-island>

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## Refuel at Oasis Juice Bar & Market

Refuel with some healthy treats at [Oasis Juice Bar & Market](#). This green-friendly market, located in historic downtown Galveston, has a menu of vegan and vegetarian offerings, including fresh juices, smoothies, kombucha and eats. A favorite: the Chunky Monkey smoothie paired with the Green Peace Veggie Burger, which is ground fresh in the store and topped with cheese, avocado, green salsa, and fresh sprouts grown in the shop's hydroponic garden. For details, visit [www.oasisjuicebar.com](http://www.oasisjuicebar.com)

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### Joy Sewing

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