

MADISON COUNTY
PHYSICAL ACTIVITY
GUIDE

2017 - 2018

Richmond and Berea

Madison County
Health Department

Richmond
214 Boggs Lane
Richmond, KY 40476

Berea
1001 Ace Drive
Berea, KY 40403



www.madisoncountyhealthdept.org



MadisonCountyHD



@MCHDTweet



859-986-2044

► **Why exercise?**



Adults should aim to get 30 minutes of physical activity per day



Exercise should be both aerobic and muscle-building



Outdoor activities can strengthen mental health

"Physical activity is the closest thing we have to a wonder drug."

-Dr. Thomas Frieden,
Director of CDC

Gyms + Fitness

Anytime Fitness

469 Eastern Bypass
www.anytimefitness.com
859-795-3665

Edge Body Boot Camp

2011 Merchant Drive
(859) 314-1565
ashley.isaacs@edgebodybootcamp.com

Gina's Max Fit

427 Big Hill Ave.
www.Ginamaxfit.com
859-623-8023

Rich City Crossfit

651 S. Keeneland Dr.
www.richcitycrossfit.com
859-353-6532

Telford YMCA

1100 E. Main Street
www.ymcatelford.org
859-623-9356

Arlington Country Club

1510 Lexington Road
(859) 622-2200
<http://www.universityclub-arlington.com/>

Fitness with Faith

116 S. Keeneland Dr.
<http://fitnesswithfaith.us>
859-623-1888

IGO Boxing & Fitness Center

114 N. Fairview St.
859-626-4411

Richmond Athletic Club

528 Eastern Bypass
www.richmondathletic.com
859-623-2203

Get Fit Athletic Club

108 Bayview Rd.
Richmond, KY 40475
<http://getfitathleticclub.com/richmond/>
(859) 623-2229

Eastern Kentucky University

Fitness & Wellness Center
And Burke Wellness Center
<http://www.campusrec.eku.edu/>
859-622-6751

Get Fit Health Club

108 Bayview Drive
www.getfitathleticclub.com
859-623-2229

Madison Community Church

Men's Ministry Fitness
165 Charlie Norris Road
859-661-1864

Richmond First United Methodist Church

Gym is free to public!
401 West Main Street
859-623-3580

Leisure Activities

(gymnastics, dance, clubs, bowling, skating, yoga)

Bluegrass Bliss Yoga & Body Work

993 Four Mile Rd. Suite 6
www.bluegrassbliss.com
859-582-9212

Excel Gymnastics

700 S. Keeneland Dr.
859-626-0028

Matrix Tumble & Cheer Center

312 Spangler Dr.
859-624-9685

Bluegrass Cycling Club

www.bgcycling.net

Tumble Shine Gymnastics

312 Spangler Drive
<http://marylenwatson21.wixsite.com/tumbleshine>
859-985-7429

Richmond Skate Center

525 Recycle Drive
<http://www.richmondskatecenter.com/>
859-314-1307

Galaxy Bowling & Entertainment

1025 Amberley Way
859-624-4444

Jazzercise

950 Redhouse Rd.
www.jazzercise.com
859-494-1310

Mike's Hike and Bike

Leads bike rides for beginners and experienced riders
<http://www.mikeshikeandbike.com/events/>
309 W. Main Street
859-626-9626

Laura's School of Dance

1037 Center Dr.
<http://laurasschoolofdance.com/>
859-626-3161

Nu Revolution Dance Studio

131 S. Killarney Lane
www.Nurevolutiondance.weebly.com

Bluegrass Dance Center

2187 Lexington Road
<http://www.bluegrassdancetrainincenter.com/home.html>
859-625-9393

Richmond Running Club

www.Richmondkyrunners.blogspot.com

RICHMOND

Martial Arts

AFS Academy of Martial Arts

421 Big Hill Avenue
www.afsacademy.com
859-623-8023

Estes Martial Arts Academy

321 Geri Lane
www.Estesmartialarts.com
859-358-4578

Underground MMA & Fitness Center

948 Red House Rd
859-358-9338
<https://www.facebook.com/Undergroundmmafitness/>

Elite Martial Arts & Fitness

5006 Atwood Dr. Suite #5
www.elitema.org
859-623-9009

Gin Ryu (Silver Dragon) Martial Arts Academy

415 Leighway Dr #1
www.Ginryukarate.com
859-582-8827

FIT KIDS: Martial Arts School

1013 Center Drive
www.Fitkidskarate.com
859-625-1999

Richmond School of Karate

968 Commercial Drive
www.richmondschoolkarate.com
859-623-4008

Moberly's Marital Arts & Karate for Kids

1013 Center Drive
www.atarichmond.com
859-625-1999

RICHMOND

Fall Prevention

McCready Manor

Body Ready for fall prevention
(based on Body Recall)
300 Stocker Dr.
859-625-1400

Telford YMCA

Body Ready for fall prevention
(based on Body Recall)
1100 E. Main St.
www.ymcatelford.org
859-623-9356

Carolyn Castle

Personal Trainer
859-619-2672

Get Fit Athletic Club

Silver Sneakers classes
108 Bayview Dr.
www.getfitathleticclub.com
859-623-2229

Heartland Rehabilitation Services

Physical therapy, balance
training for people with fall risk
528 Eastern Bypass Suite 101
859-623-6334
www.heartlandrehab.com

Mind & Body Tune-Up

Classes held at local churches in
Richmond and Berea, visit
website for schedule.
859-622-1228
www.communityeducation.eku.edu

Silver Sneakers programs

www.silversneakers.com

Fitness with Faith

116 S. Keeneland Dr.
Fitnesswithfaith.us
859-623-1888

Parks and Golf Courses

Lake Reba

Walking trail
Playgrounds
Dog Park
Fishing
Soccer Fields
Picnic Shelters
Gibson Bay Dr.

Million Park

Walking trails
Playground
240 Stratford Dr. & 299
Langford Ct.

Richmond Mall

A great place to walk!
864 Eastern Bypass

Posey Ridge Boat Ramp

Any light, trailered recreational
boat is allowed.
Located at the end of KY Hwy
595

Ft. Boonesborough State Park

Pool, playground
Camping
Historic Re-enactments
4375 Boonesboro Road

Camp Catalpa Park

Walking trail
Picnic shelters
Camp Catalpa Loop Rd.

Gibson Bay Golf Course

2000 Gibson Bay Dr.
859-623-0225

The Bull at Boone's Trace Golf Course

175 Gleneagles Blvd.
859-623-4653

Battlefield Park

101 Battlefield Memorial Hwy.
Between Richmond and Berea

Safety City

Playground
150 Battlefield Memorial Hwy.
859-228-2044

Union City Park

Located just behind Union City
Ruritan Club

Kirksville Park

Located behind the Kirksville
Community Center, off of
Kirksville Rd.

EKU Arlington Association

1510 Lexington Road
859-622-2205

Madison Country Club

735 N. 2nd Street
859-623-6468

Battlefield Golf & Country Club

524 General Cruft Dr.
859-624-8005

Bluegrass Army Depot Golf Course

Golf course
Pool
www.bluegrass.army.mil/MWRSportandRec.aspx
859-779-6464

White Hall Park

500 White Hall Shrine Road
859-623-9178

Miller Welch – Central Kentucky Wildlife Management Area

Off Hwy 421 towards 3376

For more information about
Richmond Parks and Recreation,
visit their [Facebook](#) page or [website](#).

Links to Maps:

[Lake Reba](#)

[EKU running trails](#)

[Battlefield Park](#)



Recreational Activity

EKU Facility

Indoor courts, as well as 8 brand new courts across the street from the indoor facility which are open to the public. Challenge & rope course
Track
Outdoor basketball courts
Pool
859-622-2133

Paradise Cove Aquatic Facility

274 Lake Reba Dr.
859-626-7665

EKU Arlington Association

1510 Lexington Road
859-622-2257

Adventure Falls Miniature Golf & Batting Complex

250 Lake Reba Drive
859-626-0030

Camp Catalpa Park

Disc Golf Course
Nature trail
Catalpa Loop Rd.
859-623-8753

Paradise Cove Aquatic Center

<http://richmond.ky.us/index.php/parks-and-recreation/paradise-cove>
859-626-7665

E.C. Million Park (Tennis)

2 courts
240 Stratford Drive & Langford Ct.

Parks & Recreation Athletic Leagues

Softball, Volleyball, Adult Soccer, Football, Basketball, Little League
www.richmond.ky.us/index.php/parks-home
859-623-1000

Walking Trail

Between Madison County Extension Office and the Day Care Center

Links to Maps:

[Madison County Biking Routes](#)

[John Holder Trail at Halls on the River](#)



BEREA

Gyms + Fitness

Berea College Seabury Center

Membership free to students, faculty, and staff; and available to community members for a fee.

www.berea.edu/seab/
859-985-3428

Berea Fitness

501 Mt. Vernon Rd.

www.Bereafitness.com
859-985-2584

New Energy Fitness

217 Pauline Drive
859-228-0115

Berea 24/7 Fitness

501 Mt. Vernon Rd.
<http://www.bereafitness.com>
859-985-2584

BEREA

Leisure Activities (yoga, dance, skating)

Body Mind & Sol

Yoga
105 Jackson Street
www.broadwaybodywork.com
859-230-3858

Cedar Haven Wellness & Arts

Pilates and Yoga
926 W. Jefferson Street
www.cedarhaven.net
859-379-9642

Tumble Shine Gymnastics

505-1 Mt. Vernon Rd
www.tumbleshinegymnastics.com
859-985-7429

Encore Performing Arts Studio

127 Clay Drive
www.encorebera.com
859-985-6951

The Mission Dance Academy

1333 Slate Lick Rd.
859-985-1000

Club Arena (Skating)

211 Broadway Street
www.clubarenaskatingrink.com
859-986-3881

BEREA

Fall Prevention

Berea College Seabury Center

Berea College Campus
859-985-3428

Body Ready for Fall Prevention (based on Body Recall)

- Berea Baptist Church
310 Chestnut Street
- Woodmen of the World
117 Haiti Road

Call 859-408-1025 for dates and info.

Russel Acton Folk Center

Falls Awareness Day (once a year) and weekly aerobic classes

212 W. Jefferson St.
(859) 986-8033



BEREA

Parks and Recreation

Berea City Park

Park and pool
6 Pirate Parkway
859-986-9402

Berea City Park Expansion

Skate Park, Handicapped-accessible playground, Basketball court, football field *
Connects to the existing path through the shared-use path

Berea Pool

6 Pirate Parkway
859-986-9591

Owsley Fork Reservoir Lake

Fishing, boat ramp
Hwy 421 South, near Big Hill

Memorial Park

2 playgrounds
Picnic shelter
Jefferson Street, adjacent to Old Town

Berea College Tennis Courts

Ellipse Street
www.berea.edu/seab

Kirksville Park

Located behind the Kirksville Community Center, off of Kirksville Rd.

Athletic Field Reservations

Softball, Baseball, and Soccer fields available to rent.
See the Berea KY Parks & Rec website at www.Berea.ky.gov for more details.



For more details and updates from Berea Parks and Recreation, visit their [Facebook](#) page or [website](#).



BEREA

Trails and Camping

Indian Fort Mountain (Berea Pinnacles)

Loop trail with many lookouts. Starts at Indian Fort Theater. 2.5 miles east of Berea on Hwy. 21

Beebe-White Multi-Use Path

Located along Walnut Meadow Rd.

Walking Trail

Off Center Street/Harrison Road across the street from Berea Municipal Utilities

Brushy Fork Creek Cross Country Course

Berea College; multiple access points. See attached map.

Walnut Meadows Campground

1202 Paint Lick Road
859-986-6180

OH! Kentucky Campgrounds

1142 Hwy 21 W. Berea
859-986-1150

John B. Stephenson Memorial Trail

Trail begins at City Municipal Building on Harrison Road

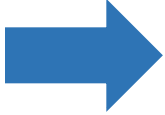
Links to Maps:

[City of Berea's Trail Master Plan.](#)

[Brushy Fork Creek Cross Country Course](#)

[Pinnacles at Indian Fort Theater](#)





If you would like to be added to the 2018-2019 Physical Activity Guide, please email mchd@madisoncountyhealth.org

Additional physical activity resources:

- [Click here](#) for additional maps created by the Madison County Public Library.
- Check out www.everytrail.com and search Richmond or Berea for maps, trails, and ideas for outdoor fun.
- Visit www.alltrails.com/us/kentucky for a list, description, and driving directions to the best hiking trails in Kentucky.

The Madison County Health Department does not endorse, promote, or sponsor any of the organizations listed in this guide.

