

Cabell County Physical Activity Guide

WalkItUp!



30 Minutes a Day

[www.walkitup.org](http://www.walkitup.org)



# Cabell County Physical Activity Guide

## Physical Activity Categories

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## **Biking**

### **Jeff's Bike Shop**

740 6th Avenue

Huntington, WV 25701

For more information call: (304) 522-2453

[www.jeffsbikeshop.com](http://www.jeffsbikeshop.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Bicycling Club, Bike Repair

## **Bowling**

### **Colonial Lanes**

626 5th Street W

Huntington, WV 25701

For more information call: (304) 697-7100

[www.coloniallaneswv.com](http://www.coloniallaneswv.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes

Activities: Bowling

### **Strike Zone Bowling Center**

141 Eastern Heights Shopping Center

Huntington, WV 25705

For more information call: (304) 733-2695

[www.huntingtonbowling.com](http://www.huntingtonbowling.com)

Population Served: 2 years & up

ADA Accessible? Yes

Fee? Yes

Activities: Youth Programs, Bowling

## **Community Centers**

### **A. D. Lewis Community Center**

1450 A. D. Lewis Avenue

Huntington, WV 25701

For more information call: (304) 696-5908

Population Served: 6 years & up

ADA Accessible? Yes

Fee? Fitness Center \$10.00/month

Activities: Baseball Field, Basketball Court, Martial Arts

### **Barboursville Senior Center**

721 Central Avenue

Barboursville, WV 25504

For more information call: (304) 736-5092

Population Served: 55+

ADA Accessible? Yes

Fee? No

Activities: Exercise Classes, Summer Programs

### **Billy Bob's Wonderland**

5 Cracker Barrell Road

Barboursville, WV 25504

For more information call: (304) 733-0898

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Laser Tag, Putt-Putt Golf, Go-Cart

**Boys & Girls Clubs of Huntington**

734 14th Street. West

Huntington, WV 25704

For more information call: (304) 523-5120

Population Served: 6 years -18 years

ADA Accessible? Yes

Fee? Yes-\$10 per year

Activities: Dance Dance Revolution (DDR), Gymnasium,  
Basketball Leagues

**Boys & Girls Clubs of Huntington**

520 Everett Street

Huntington, WV 25702

For more information call: (304) 523-5120

Population Served: 6 years-18 years

ADA Accessible? Yes

Fee? Yes-\$10 per year

Activities: Dance Dance Revolution (DDR), Gymnasium,  
Basketball Leagues

**Ceredo-Kenova Community Center**

1201 Poplar Street

Kenova, WV 25530

For more information call: (304) 453-1121

Population Served: 4 years & up

ADA Accessible? Please call facility

Fee? Yes-Varies upon activity

Activities: Exercise Facility, Basketball Court, Exercise  
Equipment

**Fairfield East Community Center**

2711 8th Avenue

Huntington, WV 25703

For more information call: (304) 696-4467

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Senior Programs, Youth Programs, Baseball Field

**Junior League Community Center**

617 9th Avenue

Huntington, WV 25701

For more information call: (304) 523-4175

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Ballroom Dance Lessons-Instructor Gail Riggs

**Milton Senior Center**

1032 Church Street

Milton, WV 25541

For more information call: (304) 390-0020

Population Served: 60+

ADA Accessible? Yes

Fee? No

Activities: Exercise Equipment, Exercise Class

**Underwood Senior Center**

632 9th Avenue

Huntington, WV 25701

For more information call: (304) 529-3673

Population Served: 55+

ADA Accessible? Yes

Fee? No

Activities: Dance Classes, Nutrition Program, Exercise Equipment

**Westmoreland Senior Center**

3609 Hugh Street

Huntington, WV 25704

For more information call: (304) 429-0070

Population Served: 55+

ADA Accessible? Yes

Fee? No

Activities: Exercise Equipment, Walking Club

**Dance**

**Allusions Dance Studio**

Milton VSW

Milton, WV 25541

For more information call: (304) 824-7675

[www.allusionsdance.com](http://www.allusionsdance.com)

Population Served: 3 years & up

ADA Accessible? Yes

Fee? Yes-\$40 Per Class

Activities: Dance Classes

**Art Center School of Dance**

3720 Auburn Road

Huntington, WV 25701

For more information call: (304) 429-6606

Population Served: 4 years & up

ADA Accessible? Yes

Fee? Yes-\$40 Per Class

Activities: Ballet Class, Tap-Class

**Elite Performance Academy, LLC**

819 10th Avenue

Huntington, WV 25701

For more information call: (304) 697-8243

[www.eliteperformanceacademy.net](http://www.eliteperformanceacademy.net)

Population Served: 3 years & up

ADA Accessible? Please call facility

Fee? Yes-Varies upon class

Activities: Dance Classes, Pilates, Gymnastics

**Huntington Dance Theatre**

412 8th Street

Huntington, WV 25701

For more information call: (304) 522-4230

[www.huntingtondance.org](http://www.huntingtondance.org)

Population Served: 3 years & up

ADA Accessible? Yes

Fee? Yes-Varies upon lessons

Activities: Ballet, Jazz, Tap

**Mirror Image Dance Studio**

113 W. 3rd Avenue

Huntington, WV 25701

For more information call: (304) 697-8946

Population Served: General Public

ADA Accessible? Please call facility

Fee? Yes-Varies upon class

Activities: Dance Classes, Fitness Center, Summer Programs

**Nancy's School of Dance**

731 5th Street W.

Huntington, WV 25701

For more information call: (304) 697-2840

[www.nancysschoolofdance.com](http://www.nancysschoolofdance.com)

Population Served: 3 years & up

ADA Accessible? Please call facility

Fee? Yes-Varies upon class

Activities: Dance Classes, Tap, Jazz

**Premiere Dance Studio**

611 7th Avenue Suite 100

Huntington, WV 25701

For more information call: (304) 523-5152

[www.premieredancestudio.com](http://www.premieredancestudio.com)

Population Served: 2 years & up

ADA Accessible? Yes

Fee? Yes-Varies upon class

Activities: Dance Classes, Summer Programs

### **Top Hat Ballroom**

6433 U.S. Route 60

Barboursville, WV 25504

For more information call: (304) 412-3171

[www.tophatballroom.com](http://www.tophatballroom.com)

Population Served: General Public

ADA Accessible? No

Fee? Yes- \$7.50 per class

Activities: Ballroom Dance Classes

### **Golf**

#### **Esquire Group, Inc.**

One Esquire Drive

Barboursville, WV 25504

For more information call: (304) 736-1476

Population Served: General Public

ADA Accessible? Yes

Fee? Yes

Activities: Golfing

#### **Guyan Golf & Country Club**

Route 60 East 5450

Huntington, WV 25705

For more information call: (304) 733-1141

Population Served: General Public

ADA Accessible? Yes

Fee? Yes

Activities: Golfing, Swimming Pool, Tennis Court

**Orchard Hills Golf & Country Club**

1591 Allen Avenue

Barboursville, WV 25504

For more information call: (304) 736-8225

Population Served: General Public

ADA Accessible? Please call facility

Fee? Yes

Activities: Golfing

**Riviera Golf & Country Club**

Rt.2 Box 142

Lesage, WV 25504

For more information call: (304) 736-7778

Population Served: General Public

ADA Accessible? No

Fee? Yes

Activities: Golfing

**Spring Valley Country Club**

1422 Spring Valley Drive

Huntington, WV 25704

For more information call: (304) 429-5578

Population Served: Members Only

ADA Accessible? No

Fee? Yes

Activities: Tennis Courts, Golf Course

**Sugarwood Golf Club**

Sugar Wood Road

Lavalette, WV 25535

For more information call: (304) 523-6500

[www.sugarwoodgolfclub.com](http://www.sugarwoodgolfclub.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes

Activities: Golfing

**Gymnastics**

**Gym Nest Inc.**

3720 Green Valley Road

Huntington, WV 25701

For more information call: (304) 697-1789

[www.gymnestgymnastics.com](http://www.gymnestgymnastics.com)

Population Served: 18 months to 18 years

ADA Accessible? Please call facility

Fee? Yes-Varies upon lessons

Activities: Gymnastics, Tumbling, Cheerleading

**Health Clubs**

**Absolute Fitness**

6005 US Rt. 60 East, 211

Barboursville, WV 25504

For more information call: (304) 733-1600

Population Served: 12 years & up

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Exercise Equipment, Fitness Center, Weight Lifting

**Curves for Women**

2627 5th Avenue

Huntington, WV 25701

For more information call: (304) 523-7006

Population Served: 18+ Women Only

ADA Accessible? Yes

Fee? Yes

Activities: Exercise Equipment, Circuit Training, Aerobics

**Curves for Women**

10 Perry Morris Square

Milton, WV 25541

For more information call: (740) 441-7775

Population Served: 18+ Women Only

ADA Accessible? Yes

Fee? Yes

Activities: Exercise Equipment, Circuit Training, Aerobics

**Curves for Women**

4640 Route 60 E

Huntington, WV 25705

For more information call: (304) 736-9188

Population Served: 8+ Women Only

ADA Accessible? Yes

Fee? Yes

Activities: Exercise Equipment, Circuit Training, Aerobics

**Fit for a Lady, Inc.**

4541-D 5th Street Road #4

Huntington, WV 25701

For more information call: (304) 523-5600

Population Served: 18+ Women Only

ADA Accessible? Yes

Fee? Varies upon activity

Activities: Exercise Equipment, Fitness Center

**HIT (High Intensity Training) Center Inc**

2240 5th Avenue Suite 101

Huntington, WV 25703

For more information call: (304) 529-4482

[www.hitcenters.com](http://www.hitcenters.com)

Population Served: 5 years & up

ADA Accessible? Yes

Fee? Yes-Varies upon lessons

Activities: Exercise Equipment, Fitness Center, Sports Instruction

**Huntington YMCA**

935 10th Avenue

Huntington, WV 25701

For more information call: (304) 525-8127

[www.huntingtonymca.org](http://www.huntingtonymca.org)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Aquatic Exercise, Baseball Field, Basketball Court

**Marshall University Health & Fitness Center**

Gullickson Hall, Room 117

Huntington, WV 25755

For more information call: (304) 696-3653

[www.marshall.edu/recsport](http://www.marshall.edu/recsport)

Population Served: 17 years & up

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Exercise Equipment, Weight Lifting

**YMCA**

917 8th Street

Huntington, WV 25701

For more information call: (304) 697-7113

[www.huntingtonymca.org](http://www.huntingtonymca.org)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Walking Track, Child Care, Disability Programs

**YMCA**

5800 Ohio River Road

Huntington, WV 25703

For more information call: (304) 522-0616

[www.ymcakennedycenter.com](http://www.ymcakennedycenter.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Aquatic Exercise, Baseball Field, Basketball Court

## **Martial Arts**

### **Barboursville Tae Kwon Do Center**

718 Main Street

Barboursville, WV 25504

For more information call: (304) 733-3397

[www.tkddwv.com](http://www.tkddwv.com)

Population Served: 5 years & up

ADA Accessible? Yes

Fee? Yes-\$60 per month

Activities: Martial Arts Classes

### **Champion Karate**

6433 U.S. Route 60 E

Barboursville, WV 25504

For more information call: (304) 736-5425

Population Served: 3 years & up

ADA Accessible? No

Fee? Yes-Varies upon lessons

Activities: Martial Art Classes

### **Grand Master Kang's Tae Kwon DO LLC**

945 4th Avenue Suite 212

Huntington, WV 25705

For more information call: (304) 522-2188

[www.kangstkdo.org](http://www.kangstkdo.org)

Population Served: 5 years & up

ADA Accessible? Please call facility

Fee? Yes-Varies upon lessons

Activities: Martial Arts Class, Tae Kwon Do, Self Defense Classes

**Master Kim's Tae Kwon DO School**

2640 5th Avenue

Huntington, WV 25702

For more information call: (304) 522-2777

Population Served: 5 years & up

ADA Accessible? No

Fee? Yes-\$40 a Session

Activities: Martial Arts Class, Self Defense Classes

**Parks**

**Altizer Park**

East End of Altizer Avenue

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Softball Fields, Soccer Field, Basketball Court

**April Dawn Park**

Corner of Mason & Smith Street

Milton, WV 25541

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Spray Ground, Picnic Area, Playground  
Equipment

**Barboursville Community Park**

1545 Martha Road

Barboursville, WV 25504

For more information call: (304) 736-8995

[www.barboursville.org](http://www.barboursville.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Community Center, Baseball Field, Basketball Court

**Beech Fork State Park**

5601 Long Branch Road

Barboursville, WV 25504

For more information call: (304) 528-5794

[beechforksp@wvdnr.gov](mailto:beechforksp@wvdnr.gov)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Campground, Baseball Field, Basketball Court

**Cabwaylingo State Forest**

Rt. 1 Box 85

Dunlow, WV 25511

For more information call: (304) 385-4255

[www.cabwaylingo.com](http://www.cabwaylingo.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Basketball Court, Fishing/Fly Fishing, Playground Equipment

**Camp Arrowhead**

4200 Boy Scout Road

Ona, WV 25545

For more information call: (304) 523-3408

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Adahi Hiking Trail-18 Miles, Kanawha Trace

Backpacking Trail-32 Miles

**Camp Mad Anthony Wayne**

2125 Spring Valley Drive

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Open Play Space, Hiking Trails, Picnic Area

**Fox Fire Resort**

660 Fox Fire Fire Road

Milton, WV 25541

For more information call: (304) 743-4588

[www.foxfirewv.com](http://www.foxfirewv.com)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Tues-Fri \$9.00 Sat-Sun \$11.00

Activities: Swimming Pool, Basketball Court, Bicycle Trail

**Harris Riverfront Park**

One Civic Center Plaza

Huntington, WV 25701

For more information call: (304) 695-5990

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Trails, Boating, Playground Equipment

**Harveytown Park**

Harveytown

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Playground Equipment, Picnic Tables, Walking Path

**Jefferson Park**

Spring Valley Drive

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Basketball Court

**Kiwanivista Park**

US Rt. 60 E

Milton, WV 25541

For more information call: (304) 696-5954

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Picnic Area

**McClelland Park**

27th Street & Riverside Avenue

Huntington, WV 25701

For more information call: (304) 696-5964

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Tennis Courts, Basketball Courts, Picnic Area

**Memorial Park & Arch**

1301 Memorial Park Blvd

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Trail, Sliding Boards, Picnic Area

**Ritter Park**

12th Street and 13th Avenue

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Playground Equipment, Picnic Area, Walking Trail

**Rotary Park**

Off Route 60 East, Exit 15

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Disc Course, Baseball Field, Basketball Court

**RPA Community Park**

Adjacent to Spring Valley Drive

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Basketball Court

**St. Clouds Commons**

1701 Jackson Avenue

Huntington, WV 25701

For more information call: (304) 696-5964

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Ball Fields, Playground Equipment, Basketball Court

### **U. S. Army Corps of Engineers, East Lynn Lake**

HC 85 Box 35c Rt 37

East Lynn, WV 25512

For more information call: (304) 849-2355

[www.lrh.usace.army.mil](http://www.lrh.usace.army.mil)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon activity

Activities: Campground, Basketball Court, Boating

### **Veteran's Memorial Field House**

2590 5th Avenue

Huntington, WV 25703

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking 8:00a.m.-1:00p.m.

**Virginia Pointe Park**

Ohio & Big Sandy Rivers

Kenova, WV 25701

For more information call: (304) 696-5954

[www.wvvisit.org](http://www.wvvisit.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Campground, Boat Launching Ramp, Picnic Area

**Westmoreland Community Park**

Vernon Street

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Basketball Court, Playground Equipment, Picnic Area

**Racetrack**

**Ona Speedway**

Howells Mills Road

Ona, WV 25545

[www.onaspeedway.net](http://www.onaspeedway.net)

Population Served: General Public

ADA Accessible? Please call facility

Fee? Yes

Activities: Racing

## **Swimming**

### **Barboursville Swimming Pool**

601 Kuhn Street

Barboursville, WV 25504

For more information call: (304) 736-8994

Population Served: General Public

ADA Accessible? Yes

Fee? Yes- \$140 Family Pass, \$85 Single Pass, Daily Rate  
\$ 4.00

Activities: Swimming Lessons, Tennis Courts, Baby Pool

## **Tennis**

### **Huntington Tennis Center**

50 Mall Road

Barboursville, WV 25504

For more information call: (304) 736-1210

Population Served: General Public

ADA Accessible? No

Fee? Yes-Varies upon lessons

Activities: Tennis Lessons, Tennis Matches

### **Ritter Park Tennis Center**

12th Street and 13th Avenue

Huntington, WV 25701

For more information call: (304) 696-5954

[www.ghprd.org](http://www.ghprd.org)

Population Served: General Public

ADA Accessible? Yes

Fee? Yes-Varies upon lessons

Activities: Indoor/Outdoor Tennis Courts

**Walking**

**Barboursville Elementary School**

718 Central Avenue

Barboursville, WV 25504

For more information call: (304) 733-3000

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Track, Playground Equipment, Exercise Equipment

**Beverly Hills Middle School**

Saltwell Road

Huntington, WV 25705

For more information call: (304) 528-5201

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Track (after school hours)

**Cabell Midland High School**

2300 US Route 60 East

Ona, WV 25545

For more information call: (304) 743-7400

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Track (after school hours)

**Central City Elementary**

2100 Washington Avenue

Huntington, WV 25704

For more information call: (304) 528-5231

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Water Trail (after school hours)

**HIMG Regional Medical Center**

5170 Rt. 60 East

Huntington, WV 25705

For more information call: (304) 399-2367

[www.uhswv.com](http://www.uhswv.com)

Population Served: Adolescent & up

ADA Accessible? Yes

Fee? Yes-Yoga \$2/class & Jazzercise \$50 for 5 weeks/10 classes

Activities: Walking , Yoga, Jazzercise

**Huntington High School**

1 Highlander Way

Huntington, WV 25701

For more information call: (304) 528-6400

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Track (after school hours)

### **Huntington Mall**

Huntington Mall Road

Barboursville, WV 25504

For more information call: (304) 733-0492

[www.barboursville.org](http://www.barboursville.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Indoor Walking Area/Track

### **Huntington Museum of Art**

2033 McCoy Road

Huntington, WV 25701

For more information call: (304) 529-2701

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Spicebush Trail-.3 Miles, Tulip Tree Trail-1 Mile,  
Trails located outside of museum

### **Milton Elementary School**

1201 Pike Street

Milton, WV 25541

For more information call: (304) 743-7303

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Walking Track (after school hours)

**St. Mary's Medical Center "Main Artery"**

2900 1st Avenue

Huntington, WV 25702

For more information call: (304) 526-1854

[www.st-marys.org](http://www.st-marys.org)

Population Served: General Public

ADA Accessible? Yes

Fee? No

Activities: Indoor Walking Area/Track







*This booklet was prepared solely to be used as a guide and is not intended to give advice. We cannot and do not guarantee either the correctness of all information furnished herein, or the complete absence of errors and omissions. Your comments and suggestions in the improvement of this booklet should be directed to:*

**Elizabeth A. Ayers, MS  
Public Health Educator  
Cabell-Huntington Health Department  
703 7th Avenue  
Huntington, WV 25701  
(304) 523-6483 x 258**

**\*ADA (American Disability Act)- Facility has accessible pathways that have been approved under the ADA.**

**This guide is also available on our website [www.walkitup.org](http://www.walkitup.org) and will be updated regularly.**

**Those with limited mobility and/or disabilities are encouraged to tune into their local PBS TV Station for chair exercises on the program *Sit & Be Fit*.**

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