Capital City Physical Activity Guide
<table>
<thead>
<tr>
<th>Date</th>
<th>Revision Number</th>
<th>Description of Change</th>
<th>Pages Affected</th>
<th>Reviewed or Changed by</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/5/2020</td>
<td>1</td>
<td>Updated entire list of physical activities</td>
<td>1-12</td>
<td>JR</td>
</tr>
</tbody>
</table>
# Capital City Physical Activity Guide

## Aquatics
- **Juniper Hill Family Aquatic Center**
  - 800 Louisville Road
  - (502) 875-8575

## Ballet
- **Frankfort School of Ballet**
  - 340 St. Clair Street
  - (502) 226-6443
  - [www.frankfortballet.com](http://www.frankfortballet.com)

## Bicycling
- **Bluegrass Cycling Club**
  - info@bgcycling.net
  - [www.bgcycling.net](http://www.bgcycling.net)

## Boating
- **Benson Marina Boat Dock**
  - 651 Benson Valley Road
  - (502) 875-0475

- **Frankfort Boat Club**
  - 101 Riverboat Landing
  - (502) 330-2441
  - Frankfortboatclub1865@gmail.com
  - [www.frankfortboatclub.org](http://www.frankfortboatclub.org)

## Bowling
- **Capital Bowl**
  - 80 Anderson Road
  - (502) 875-3610

## Camping and Canoeing
- **Canoe Kentucky**
  - 7323 Peaks Mill Road
  - (502) 227-4492
  - info@canoeky.com
  - [www.canoeky.com](http://www.canoeky.com)

- **Elkhorn Campground**
  - 165 North Scruggs Lane
  - (502) 695-9154
  - [www.elkhorncampground.com](http://www.elkhorncampground.com)

- **Kentucky River Campground**
  - 1489 Steele Branch Road
  - (502) 227-2465
  - kyrivercampground@gmail.com
  - [www.kyrivercampground.com](http://www.kyrivercampground.com)

- **Still Waters Campground**
  - 249 Strohmeir Road
  - (502) 223-8896
  - kim@stillwaterscamp.com

## Dance
- **Capital City Dance Studio**
  - East: 645 Comanche Trail
  - West: 107 Darbyshire Circle
  - (502) 226-3399
  - [www.capitaldancestudio.com](http://www.capitaldancestudio.com)

- **Kentucky Dance Academy**
  - 316 Wapping Street
  - Amanda@kydanceacademy.com
  - [https://kydanceacademy.com](https://kydanceacademy.com)

## Fitness Centers; Facilities; and Gyms
- **Capital City Christian Church Walking Track**
  - 15 Locust Dr.
  - (502) 695-1188
  - hello@capitalcitychristian.org

- **Cross Fit Engineered**
  - 115 Collision Center Dr, Suite 200
  - (502) 803-5527
  - [www.crossfitengineered.com](http://www.crossfitengineered.com)
<table>
<thead>
<tr>
<th>Fitness Classes</th>
<th>105 Locust Drive</th>
<th>(270) 339-0933</th>
<th><a href="http://www.crossfitfrankfort.com">www.crossfitfrankfort.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Fit Frankfort</td>
<td>22 Reilly Road</td>
<td>(502) 219-2426</td>
<td><a href="https://fatman2fit.wixsite.com/crossfitinfinity">https://fatman2fit.wixsite.com/crossfitinfinity</a></td>
</tr>
<tr>
<td>Cross Fit Infinity</td>
<td>495 Duckers Road</td>
<td>Midway, KY</td>
<td>(859) 873-1967</td>
</tr>
<tr>
<td>Cross Center @ Forks of Elkhorn Baptist Church</td>
<td>102 Versailles Road</td>
<td>(502) 699-2216</td>
<td><a href="http://www.elitefitness.com">www.elitefitness.com</a></td>
</tr>
<tr>
<td>Elite Fitness</td>
<td>202 Limestone St. S</td>
<td>(502) 598-7609</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Fit4Life 24/7 LLC</td>
<td>193 Versailles Road</td>
<td>(502) 699-2216</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Fit Time for Women</td>
<td>193 Versailles Road</td>
<td>(502) 699-2216</td>
<td><a href="http://www.elitefitness.com">www.elitefitness.com</a></td>
</tr>
<tr>
<td>Guru Fitness</td>
<td>363 Versailles Road Suite 600B</td>
<td>(502) 330-7475</td>
<td></td>
</tr>
<tr>
<td>Hawg Life LLC (Jalen Menefee)</td>
<td>1st Friday of the Month at 10:00am</td>
<td></td>
<td></td>
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<tr>
<td>Kentucky State University Exum Center</td>
<td>400 East Main Street</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Planet Fitness</td>
<td>101 Allen Way</td>
<td>(502) 234-1155</td>
<td><a href="http://www.planetfitness.com">www.planetfitness.com</a></td>
</tr>
<tr>
<td>Workout Anytime</td>
<td>809 Louisville Road</td>
<td>(502) 234-5400</td>
<td><a href="http://www.workoutanytime.com/frankfort">www.workoutanytime.com/frankfort</a></td>
</tr>
<tr>
<td>YMCA Downtown</td>
<td>402 West Broadway Street</td>
<td>(502) 227-9637</td>
<td><a href="https://ymcacky.org/frankfort-ymca">https://ymcacky.org/frankfort-ymca</a></td>
</tr>
<tr>
<td>YMCA Prevention Park</td>
<td>77 C Michael Davenport Blvd</td>
<td>(502) 875-9276</td>
<td><a href="https://ymcacky.org/frankfort-ymca">https://ymcacky.org/frankfort-ymca</a></td>
</tr>
<tr>
<td>Arthritis Program (open to men and women)</td>
<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td></td>
<td>Monday and Wednesday at 1:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bunco</td>
<td>Cross Center-Forks of Elkhorn Baptist Church</td>
<td>495 Duckers Road</td>
<td><a href="https://forksbaptist.org/crosscenter/">https://forksbaptist.org/crosscenter/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Midway, KY</td>
<td>1st Friday of the Month at 10:00am</td>
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</tbody>
</table>

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**Fitness Classes**

- Arthritis Program (open to men and women)
- Bunco
<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burn Fitness</td>
<td>Elite Fitness 193 Versailles Road</td>
<td><a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
</tr>
<tr>
<td></td>
<td>Tuesday at 5:30pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday at 9:00am</td>
<td></td>
</tr>
<tr>
<td>Cardio and Weight Intervals</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Circuit Camp</td>
<td>Elite Fitness 193 Versailles Road</td>
<td><a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
</tr>
<tr>
<td></td>
<td>Tuesday at 5:30pm</td>
<td></td>
</tr>
<tr>
<td>Coach Shellie Boot Camp</td>
<td>Contact: Shellie Wingate (502) 682-5079</td>
<td><a href="mailto:shellie@coachshellie.com">shellie@coachshellie.com</a></td>
</tr>
<tr>
<td>Core and Strength</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Cycle Circuit</td>
<td>Elite Fitness 193 Versailles Road</td>
<td><a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
</tr>
<tr>
<td></td>
<td>Monday and Wednesday at 5:30pm</td>
<td></td>
</tr>
<tr>
<td>Dance</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>DanceFit</td>
<td>Teacher: Erin Oliver</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fit4Life24/7 LLC 202 Limestone St. S</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuesday and Thursday at 5:30pm</td>
<td>Saturday @ 10:00am</td>
</tr>
<tr>
<td>Dance Fitness</td>
<td>Elite Fitness 193 Versailles Road</td>
<td><a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
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<tr>
<td></td>
<td>Wednesday at 5:30pm</td>
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</tr>
<tr>
<td>Dance and Tone Cross Party</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Functional Mobility</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
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<tr>
<td>Hourglass TABATA</td>
<td>Fit Time for Women 102 Brighton Park Blvd</td>
<td><a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Indoor Cycling</td>
<td>Fit4Life24/7 LLC 202 Limestone St. S</td>
<td></td>
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<tr>
<td></td>
<td>Teacher: Christie Brown/Sherry Sebastian</td>
<td>Monday at 6:30pm</td>
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<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Jazzercise</td>
<td>Wednesday at 5:30pm</td>
<td>1230 US Highway 127 S #6</td>
<td>(502) 330-1730 <a href="mailto:frankfortjazzercise@gmail.com">frankfortjazzercise@gmail.com</a></td>
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<tr>
<td></td>
<td>Saturday at 11:00am</td>
<td></td>
<td></td>
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<tr>
<td>Kick- HIIT</td>
<td></td>
<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd <a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Latin Dance</td>
<td></td>
<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd <a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Morning Mashup</td>
<td></td>
<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd <a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
</tr>
<tr>
<td>Motown Monday</td>
<td></td>
<td>Elite Fitness</td>
<td>193 Versailles Road <a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
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<tr>
<td></td>
<td></td>
<td>Monday at 5:30pm</td>
<td></td>
</tr>
<tr>
<td>Pickleball</td>
<td></td>
<td>Cross Center-Forks of Elkhorn Baptist Church</td>
<td>495 Duckers Road <a href="http://www.forksbaptist.org/crosscenter/">www.forksbaptist.org/crosscenter/</a></td>
</tr>
<tr>
<td>PiYo</td>
<td></td>
<td>Cross Center-Forks of Elkhorn Baptist Church</td>
<td>495 Duckers Road <a href="http://www.forksbaptist.org/crosscenter/">www.forksbaptist.org/crosscenter/</a></td>
</tr>
<tr>
<td>REFIT Frankfort</td>
<td></td>
<td>Cross Center-Forks of Elkhorn Baptist Church</td>
<td>495 Duckers Road <a href="http://www.forksbaptist.org/crosscenter/">www.forksbaptist.org/crosscenter/</a></td>
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<tr>
<td>Rise and Grind Circuit Class</td>
<td></td>
<td>Elite Fitness</td>
<td>193 Versailles Road <a href="http://www.elitefitnessky.com">www.elitefitnessky.com</a></td>
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<tr>
<td></td>
<td></td>
<td>Monday, Wednesday, and Friday at 5:00 am and 8:00am</td>
<td></td>
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<tr>
<td>Stability</td>
<td></td>
<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd <a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
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<tr>
<td>Step Intervals</td>
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<td>Fit Time for Women</td>
<td>102 Brighton Park Blvd <a href="http://www.fittimefrankfort.com">www.fittimefrankfort.com</a></td>
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<tr>
<td>Activity</td>
<td>Details</td>
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<tr>
<td>------------------------</td>
<td>-------------------------------------------------------------------------</td>
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</tbody>
</table>
| Strength Worx Strength & Movement | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| Toning                 | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| Warrior Cardio         | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| Zumba                  | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| Zumba at KSU           | Teacher: Angela Billings  
400 East Main Street; Exum Center Dance Studio  
(502) 219-0123 |
| Zumba                  | Fit4Life24/7 LLC  
202 Limestone St. S  
Teacher: Carrie Williams  
Monday at 5:30 |
| Gymnastics             | Kentucky GEM CATS, LLC  
1009 Twilight Trail Building D  
(502) 598-8314  
kentuckygemcats@gmail.com |
| Hiking/Wildlife        | Clyde E Buckley Wildlife Sanctuary and Audubon Center  
135 Germany Road  
(859) 873-5711  
www.centraalkentuckyaudubon.org |
| Salato Wildlife Education Center | #1 Sportsman’s Lane  
(502) 564-7863  
salato@ky.gov |
| Horseback Riding       | A Little Bit of Heaven  
3226 Sullivan Lane  
(502) 223-8925  
www.kystable.com |
| Ivroy Creek Farm       | 215 Evergreen Road  
(818) 807-2519  
www.ivorycreekfarm.com |
| Golf                   | Frankfort Country Club  
101 Duntreath St  
(502) 695-1400  
Juniper Hill Golf Course  
800 Louisville Road  
(502) 875-8559  
Lakeview Springs Golf Complex  
112 Park Ave  
(502) 695-5870 |
| Leagues (and Clubs)    | Adult Softball Program  
(502) 352-2028  
Archery  
The Archery Park at Cove Springs  
www.frankfortparksandrec.com  
Frankfort Disc Golf Association  
315 Hickory Drive  
Frankfortdiscgolf1@gmail.com  
www.frankfortdga.com |
<table>
<thead>
<tr>
<th><strong>Martial Arts</strong></th>
<th><strong>Older Adults</strong></th>
<th><strong>Yoga</strong></th>
</tr>
</thead>
</table>
| Frankfort Pickleball | **East Frankfort Park**  
  www.frankfortparksandrec.com | **ATA Frankfort Elite Martial Arts**  
  c/o Fit4Life 22/7  
  202 S Limestone Suite 2  
  (502) 545-6781  
  www.frankfortelite.com |
| Frankfort Tennis Association | **Capital City Activity Center**  
  202 Medical Heights Drive  
  (502) 223-5794  
  www.fccoa.com | **Golden CROSS Senior Fitness**  
  Cross Center-Forks of Elkhorn Baptist Church  
  495 Duckers Road  
  [https://forksbaptist.org/crosscenter/](https://forksbaptist.org/crosscenter/)  
  Monday and Wednesday at 10:00am |
| Frankfort Volleyball Association | **Rock Steady Boxing Frankfort (Parkinson’s Disease)**  
  108 Diagnostic Drive  
  Contact: Jennifer Kenney  
  (502) 607-8910 | **Silver Sneakers Locations**  
  Downtown Frankfort YMCA Elite Fitness  
  Fit4Life 24/7  
  Fit Time for Women  
  Planet Fitness  
  Workout Anytime |
| **Frankfort Martial Arts** | **Golden CROSS Senior Fitness**  
  Cross Center-Forks of Elkhorn Baptist Church  
  495 Duckers Road  
  [https://forksbaptist.org/crosscenter/](https://forksbaptist.org/crosscenter/)  
  Monday and Wednesday at 10:00am | **Chair Yoga**  
  Fit Time for Women  
  102 Brighton Park Blvd  
  www.fittimefrankfort.com |
| Franklin County Sportsman’s Club | **Valhalla Academy**  
  318 St. Clair Street  
  (859) 333-8294  
  www/valhallaacademy.com | **Distress Yoga**  
  Fit Time for Women  
  102 Brighton Park Blvd  
  www.fittimefrankfort.com |
| **Frankfort Tenis Association** | **ATA Frankfort Elite Martial Arts**  
  c/o Fit4Life 22/7  
  202 S Limestone Suite 2  
  (502) 545-6781  
  www.frankfortelite.com | **Easy Yoga**  
  Fit Time for Women |
| **Frankfort Volleyball Association** | **Golden CROSS Senior Fitness**  
  Cross Center-Forks of Elkhorn Baptist Church  
  495 Duckers Road  
  [https://forksbaptist.org/crosscenter/](https://forksbaptist.org/crosscenter/)  
  Monday and Wednesday at 10:00am | **Valhalla Academy**  
  318 St. Clair Street  
  (859) 333-8294  
  www/valhallaacademy.com |
| **Frankfort Martial Arts** | **Rock Steady Boxing Frankfort (Parkinson’s Disease)**  
  108 Diagnostic Drive  
  Contact: Jennifer Kenney  
  (502) 607-8910 | **Chair Yoga**  
  Fit Time for Women  
  102 Brighton Park Blvd  
  www.fittimefrankfort.com |
| **Frankfort Volleyball Association** | **Golden CROSS Senior Fitness**  
  Cross Center-Forks of Elkhorn Baptist Church  
  495 Duckers Road  
  [https://forksbaptist.org/crosscenter/](https://forksbaptist.org/crosscenter/)  
  Monday and Wednesday at 10:00am | **Distress Yoga**  
  Fit Time for Women  
  102 Brighton Park Blvd  
  www.fittimefrankfort.com |
| **Frankfort Martial Arts** | **ATA Frankfort Elite Martial Arts**  
  c/o Fit4Life 22/7  
  202 S Limestone Suite 2  
  (502) 545-6781  
  www.frankfortelite.com | **Easy Yoga**  
  Fit Time for Women |
| **Intro to Yoga** | 102 Brighton Park Blvd  
www.fittimefrankfort.com |
|-------------------|---------------------------------------------------------------|
| **Restorative Yoga** | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| **Traditional Yoga** | Fit Time for Women  
102 Brighton Park Blvd  
www.fittimefrankfort.com |
| **My Old Kentucky OM Yoga Center** | 214 West Second Street  
(971) 796-9365  
shari@myoldkentuckyom.com  
www.myoldkentuckyom.com |
| **Yoga 411 Studio** | 306 West Main Street  
(502) 330-0099  
All4paws333@hotmail.com |

<table>
<thead>
<tr>
<th><strong>Youth</strong></th>
<th></th>
</tr>
</thead>
</table>
| **Central Kentucky Twirling Academy** | (502) 320-1631  
cttwirl@gmail.com  
www.cttwirl.com |
| **Frankfort Elite Volleyball Association** | Executive Director: Wes Vance  
fevadirector@gmail.com |
| **Frankfort Youth Baseball** | www.frankfortparksandrec.com |
| **Frankfort Youth Football League** | (502) 219-1089  
admin@frankfortyouthfootballleague.com |
| **Frankfort Youth Softball** | www.frankfortparksandrec.com |
| **WeWannaPlay, Inc.** | https://wewannaplay.org  
staff@wewannaplay.org |
<table>
<thead>
<tr>
<th>Park Name</th>
<th>Location</th>
<th>Amenities</th>
</tr>
</thead>
</table>
| Capital View Park      | Corner of St Hiwy 676 & Glens Creek Road| • Baseball Fields  
• Basketball Courts  
• Nature Trails  
• Off-Track Bicycle Trail  
• Shelter/Picnic Facilities  
• Soccer Fields  
• Softball Fields |
| Cove Spring Park       | 100 Cover Springs Road                  | • Archery Range  
• 3 Miles of Trails and Walkways  
• Shelter/Picnic Facilities  
• Sky Trail |
| Dolly Graham Park      | 225 River Street                        | • Basketball Courts  
• Community Garden  
• Playground  
• Shelter/Picnic Facilities |
| East Frankfort Park    | 315 Hickory Drive                       | • Bark Park  
• Baseball Fields  
• Nature Trails  
• Pickleball Courts  
• Playground  
• Shelter/Picnic Facilities  
• Volleyball Courts  
• 18 Hole Disc Golf Course |
| Juniper Hill Park      | 800 Louisville Road                     | • Aquatic Center  
• Horseshoe Pits  
• Playground  
• Tennis Courts  
• Volleyball Courts  
• 18 Hole Golf Course |
| Lakeview Park          | 112 Park Ave                            | • Baseball Fields  
• Horseshoe Pits  
• Horse Show Arena  
• Shelter/Picnic Facilities  
• Skate Park  
• Soccer Fields  
• Softball Fields  
• Splash Park  
• 2 Mile Walking/Jogging Trail  
• 9 Hole Golf Course/Driving Range |
| Leslie Morris Park     | 400 Clifton Avenue                      | • Historic Area  
• Remains of 2 Civil War Earthwork Forts  
• Walking and Hiking Trails |
| Riverview Park         | 404 Wilkinson Blvd                      | • Boat Dock  
• Franklin County Farmers Market  
• Hiking Trails  
• Shelter/Picnic Facilities  
• Walking Trails |
| Todd Park              | 154 Bosworth                            | • Community Garden  
• Shelter/Picnic Facilities  
• Walking Trails |
<table>
<thead>
<tr>
<th>Race Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good Shepherd Run for the Golf 5K</td>
<td>March 17, 2020</td>
</tr>
<tr>
<td>Daphne’s Legacy Fun Run</td>
<td>April 17, 2020</td>
</tr>
<tr>
<td>TFCA Shine Your Life Glo Run</td>
<td>April 24, 2020</td>
</tr>
<tr>
<td>Proactive for Life 5K</td>
<td>May 8, 2020</td>
</tr>
<tr>
<td>Stride into Summer 5K/10K</td>
<td>June 5, 2020</td>
</tr>
<tr>
<td>Pride Walk</td>
<td>August 1, 2020</td>
</tr>
<tr>
<td>Capital Day School Sapphire 5K</td>
<td>August 8, 2020</td>
</tr>
<tr>
<td>United Way Kickoff 5K</td>
<td>August 13, 2020</td>
</tr>
<tr>
<td>Let’s Play 3K</td>
<td>September 11, 2020</td>
</tr>
<tr>
<td>Run for the Archives 1,500</td>
<td>September 16, 2020</td>
</tr>
<tr>
<td>Color Me Hopeful 5K</td>
<td>September 19, 2020</td>
</tr>
<tr>
<td>Haunted River Stroll 2K; 5K; 7K; 10K</td>
<td>October 15, 2020</td>
</tr>
<tr>
<td>KY History Half Marathon</td>
<td>October 17, 2020</td>
</tr>
<tr>
<td>Black Cat Chase</td>
<td>October 30, 2020</td>
</tr>
<tr>
<td>Find the Fridge 8K</td>
<td>November 15, 2020</td>
</tr>
<tr>
<td>Walk of Awareness</td>
<td>November 26, 2020</td>
</tr>
<tr>
<td>Frankfort Frosty and Fred &amp; Me 5K</td>
<td>December 6, 2020</td>
</tr>
<tr>
<td>Jingle Bell 3K</td>
<td>December 17, 2020</td>
</tr>
</tbody>
</table>