



Free Physical Activities

- Nettie/Canvas **Walking Group** - **Wednesdays 6pm** - Jordan Chapel United Methodist Church
- Anstead Trail Blazers **Walking Group** - **October 5th and 19th 5pm** - Hawks Nest Rail Trail
- Lansing **High Fitness** - **Thursdays 9am** - Burnwood Campground
- Fayetteville **Running Group** - **Wednesdays 6:15pm** - Outside Secret Sandwich Society
- Prosperity **REFIT** (aerobic dance) - **Mondays 6pm** - Faith Baptist*
- Prosperity **REFIT** (aerobic dance) - **Saturdays 9am** - Faith Baptist*
- Beckley **Full Moon Bike/Walk** - **October 2nd and 30th 6pm** - McManus Trail 3rd Ave
- Summersville **Trail Running** - **Thursdays 6pm** - Meeting location TBD
- Beaver **Hike** - **Saturday October 10th 9am** - Little Beaver State Park
- Thurmond **Hike** - **Wednesday October 14th 10am** - Rend Trail
- Hinton Grandfamilies **Fishing Day** - **Saturday October 10th 8am & 1pm** - Camp Brookside
 - The fishing program is provided by and run by the New River Gorge National River

Please visit our event pages before programs for updates, descriptions, cancellations and locations.

***Reservations are required for REFIT. Visit activeswv.org/events for details.**

The volunteers, participants, partners acknowledge and understand that exposure to disease causing organisms, such as COVID-19, and personal contact with others, including but not limited to participants, non-participants, organizers, volunteers, onlookers and other individuals in the activity/program involve a certain degree of risk that could result in illness, permanent disability or death. Participants acknowledge that Active SWV has not screened or tested any of the participants for such diseases. After fully and carefully considering all the potential risks involved, participants hereby assume the same and agree to release and hold harmless Active SWV and its employees, officers, agents, volunteers, vendors and contractors from and against all claims and liability resulting from exposure to disease causing organisms such as COVID-19.



Please visit our event pages before programs for updates, descriptions, cancellations and locations. Active Southern West Virginia programs are free and open to all people in a welcoming and safe environment, directed by Community Captain volunteers. Active SWV is always striving to serve members of all of our southern West Virginia communities. If you are interested in volunteering, donating programming space, or working towards adding activities in your town, please contact us for more information.

