

See all events on activeswv.org/events

Free Physical Activities

- Fayetteville **Running Group** - **Wednesdays 6:15pm** - Arrowhead Bike Farm
- Summersville **Walk/Running Group** - **Thursdays at 6pm** - Summersville Long Point Trail
- Fayetteville **High Fitness** - **Thursdays at 9am** - Soldiers and Sailors Memorial Building
- Beckley **Hike** - **Friday the 16th at 4pm** - YMCA Soccer Complex
- Piney Creek Watershed **Trail Building Day** - **April 18th 10am** - YMCA Soccer Complex
- Beckley **REFIT**
 - **Mondays at Maxwell Hill Community Center at 6pm**
 - **Tuesdays on Zoom at 6:30pm**
 - **Wednesdays on Zoom at 10am**
 - **Thursdays at Maxwell Hill Community Center at 6pm**
- Kanawha County **REFIT**
 - **Thursdays at Elkview Baptist Church at 5:30pm**
 - **Thursdays at Tabernacle of Praise at 6:30pm**
 - **Saturdays at Elkview Baptist Church at 9am**

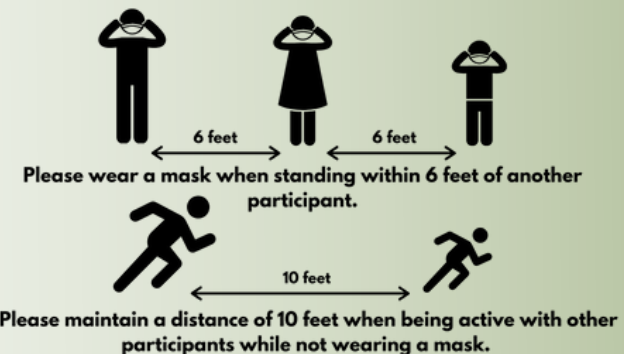
Please visit our **Facebook event pages** before programs for updates, descriptions, cancellations and locations.

Get Active in the Park

- Kaymoor Stairs **Hike** - **Saturday the 10th at 11am** - Kaymoor Trail
- Glade Creek **Hike** - **Sunday the 18th at 1pm** - Glade Creek Trail

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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.

