



See all events on activeswv.org/events

Free Physical Activities

- Fayetteville **Running Group** - **Wednesdays 6:15pm** - Wolf Creek Park
- Summersville **Walk/Running Group** - **Thursdays at 6pm** - Summersville Long Point Trail
- Fayetteville **High Fitness** - **Thursdays at 9am** - Soldiers and Sailors Memorial Building
- Fayetteville **Yoga** - **Thursdays at 10am** - Soldiers and Sailor Memorial Building
- Northfork **Walking Group**- **Mondays at 6pm** - Meet at Children's Home Society, Starting July 12th
- Beckwith **Water Aerobics** - **Saturdays at 10am** - Fayette County Park
- Beckley **REFIT**
 - **Mondays at 6:30pm** - Central Headstart
 - **REV and Flow** - **Tuesdays at 6:30pm** - Central Headstart
 - **Wednesdays at 10am** - Zoom
 - **Thursdays at 6:30pm** - Central Headstart
 - **Saturday July 31st 10am** - Shelter 4, Lake Stephens
- Kanawha County **REFIT**
 - **Thursdays at 5:30pm** - Elkview Baptist Church
 - **Thursdays at 6:30pm** - Tabernacle of Praise
 - **Saturdays at 9am** - Elkview Baptist Church
- Fayette County **Adventure Days**
 - **Tuesdays at 10am** - Midland Trail Community Center, Ansted
 - **Tuesdays at 2pm** - Gateway Center, Smithers
 - **Thursdays at 10 am** - Fayetteville Town Park, Fayetteville
 - **Thursdays at 2pm** - Roadside Park, Mt Hope
 - **Wednesday Water Day** - July 21st at 10am - Kanawha Falls, Glen Ferris

Get Active in the Park

- Cunard **Hike** - **Sunday July 11th 2:00pm** - Brooklyn Trail
- Cunard **Hike** - **Sunday July 18th 2pm** - Kaymoor Trail from Brooklyn Trail head
- Hinton **SUP** - **July 17th 3pm** - Camp Brookside
- Town Park Loop **Hike** - **Saturday July 17th 9am** - Fayetteville Town Park

Please visit our website calendar before programs for updates, descriptions, cancellations and locations. Please visit the website calendar for COVID safety guidelines. 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.

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Healthy Communities