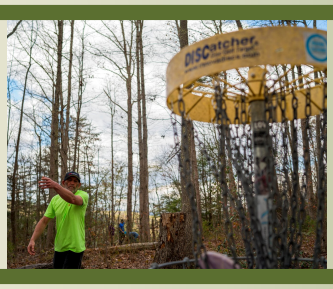
ACTIVE SOUTHERN WEST VIRGINIA

Free October Community Captain Programs



Free Physical Activities

See all events on activeswv.org/calendar

Weekly Programs

- Summersville **Walk/Running** Group - Thursdays at 6pm - Summersville Long Point Trail & Salmon Run
- Fayetteville **High Fitness** - Thursdays at 9am - Soldiers and Sailors Memorial Building
- Fayetteville **Running Group** - Wednesdays at 6:15pm - Wolf Creek Trails
- Northfork **Walking Group** - Saturdays at 9am - Children's Home Society
- Beckley **Family Disc Golf** - Thursdays at 5:00pm - WVU Tech disc golf course
- Beckley Bridgit **Walks** - Wednesdays at 6pm - YMCA Soccer Complex, first parking lot
- Williamson **Walk With Ease** Class - Mon., Tues., Thursdays at 5pm - Williamson Southside Mall
- Beckley **REFIT**
  - Mondays at 6pm - Central Head Start
  - **REV and Flow** - Tuesdays at 6pm - Central Head Start
  - Thursdays at 6pm - Central Head Start
- Kanawha County **REFIT**
  - Tuesdays at 6:30pm - Tabernacle of Praise
  - Saturdays at 9am - Elkview Baptist Church

One Time Activities

- Oak Hill **Pilates** - Friday October 1st at 5:30pm - Lively Amphitheater
- Beckley **Full Moon Bike/Walk**- Wednesday Oct. 20th at 7 pm- 3rd Avenue Parking lot, McManus Rail Trail
- Mill Creek **Hike** - Saturday October 16th at 11am - Ansted Rail Trail
- Kanawha State Forest **Hike** - Saturday October 9th at 10am - location TBA
- Cranberry Glades **Hike** - Saturday October 9th at 10am - Cowpasture Loop

*Please visit our **Website Calendar activeswv.org/calendar** before programs for updates, descriptions, cancellations and locations.*

Get Active in the Park - New River Gorge National Park and Preserve Partnership

- Burnwood **Hike** - Sunday October 10th at 1pm - Burnwood campground - Community Scientist
- Rend Trail **Hike** - Saturday October 9th at 10am - Rend Trail
- Cunard **Bike & History Tour** - October 30th at 9 am - Southside Trail *reservations required
- Sandstone Falls **Hike** - Saturday November 6th, time TBD - Island Loop Trail

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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.
All programs follow local, state, and CDC guidelines for COVID safety.

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