



Free Physical Activities

See all events on activeswv.org/calendar

Weekly Programs

- Fayetteville **High Fitness** - **Thursdays at 9am** - Soldiers and Sailors Memorial Building
- Fayetteville **Running Group** - **Wednesdays at 6:15 pm** - Pies and Pints parking lot
 - **Dec. 1** - Neon Night theme
 - **Dec. 8** - Decorate Your Dog theme
 - **Dec. 15** - Ugly Sweater theme
 - **Dec. 22** - Santa and the reindeer theme
 - **Dec. 29** - Tropical theme
- Smithers **Walk 2 Wellness** - **Mondays at 5:30 pm** - Smithers Gateway Center
- Northfork **Walking Group** - **Saturdays at 9am** - Children's Home Society
- Beckley **Family Disc Golf Putting Workshop** - **5:00pm Dec. 7 and Dec. 15** - Dry Hill Community Center
- Beckley **REFIT**
 - **Mondays at 6pm** - Central Head Start
 - **Tuesdays at 6pm** - Central Head Start
 - **Thursdays at 6pm** - Central Head Start
- Beaver **KFIT**
 - **Mondays Dec. 6 and 20 at 4:30pm** Free KIDS Aerial Yoga - KFIT Kids
 - **Mondays Dec. 13 and 27 at 8:30am** Free STEP Aerobics with Tiffany
- Kanawha County **REFIT**
 - **Tuesdays at 6:30pm** - Tabernacle of Praise
 - **Saturdays at 9am** - Elkview Baptist Church

Active SWV Signature Event - \$10 per person, 6 and under free

- Beckwith Winter Wonderland **Fun Run/Walk** - **Sunday December 5th at 4:45pm** - Fayette County Park

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

- Star Walk - **Thursday December 2nd at 6 pm** - Sandstone Falls Boardwalk
- Endless Wall Hike - **Friday December 10th at 9 am** - Fern Creek Parking Lot

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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.

