

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

- Fayetteville **High Fitness** - Tuesdays at 9am - SALS in Oak Hill
 - Thursdays at 9am - Soldiers and Sailors Memorial Building
- Fayetteville **Run Group** - Fridays at 6:00pm - Wolf Creek Trails
- Fayetteville Mindful **Walking** with Mary - Tuesdays 7pm - meet at the Memorial Building parking lot
- Fayetteville Beginner Friendly **Bike Group** - Mondays at 5:30pm - Arrowhead Bike Farm (bike rental \$10 or byo)
- Fayetteville **Pickleball** - Thursdays (Sept 21 only) at 6pm - Soldiers and Sailors Memorial Building
- Ansted **Pickleball** - Fridays 9am - 11am - Midland Trail Community Center
- Ansted **Walking Group** - Wednesdays at 9am - Midland Trail Community Center
- Ansted **Water Fitness** - Saturdays 10am - 11am - Hawks Nest Pool
- Oak Hill **Chair Aerobics** - Thursdays 5pm - 6pm - SALS in Oak Hill
- Babcock State Park **Walking Group** - Wednesdays at 5pm - meet at the Gristmill
- Smithers **Chair Yoga** - Tuesdays and Thursdays at 11:30am - Smithers Wellness Center
- Beckley **REFIT**
 - Mondays at 6pm - Central Head Start
 - Tuesdays at 6:30pm - Central Head Start
 - Thursdays at 6pm - New River Community And Technical College, rotunda
- Beckley **Running Group** - Tuesdays at 6pm - Paul Cline Soccer Complex/Piney Creek Trail System
- Beckley **Walking Group** - Wednesdays and Thursdays at 6pm - Paul Cline Soccer Complex first parking lot
- Beckley Watershed **Walks** with Beckley Sanitary Board - Sept. 5th and 19th 3:00pm - 4:00 pm - Meet in the parking lot behind old Beckley newspaper (801 N Kanawha St.)
- Kanawha County **REFIT** - Tuesdays at 6:45pm - Tabernacle of Praise
- *NEW* Bridge Valley **REFIT** - Sept. 6th and 20th at 6:15pm - 2001 Union Carbide Dr. South Charleston, rotunda
- Kanawha City **Run Group** - Tuesdays at 5:30pm - Meet at UC Pharmacy parking lot
- Northfork **Walking Group** - Thursdays at 7pm - Children's Home Society
- Webster County **Walking Group** - Weekdays at 6pm - meet at Diana Baptist Church
- Greenbrier County **Line Dancing** - Sept. 6, 13, and 20 at 6pm - Old Stone Presbyterian Church Fellowship Hall
- Greenbrier County **Walk with Ease** - Starting August 1 at 7pm - Old Greenbrier Baptist Church
- Ritter Park **Runners** - Sept. 6, 20, and 27 at 6pm - meet at Shelter #1 next to the playground

ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

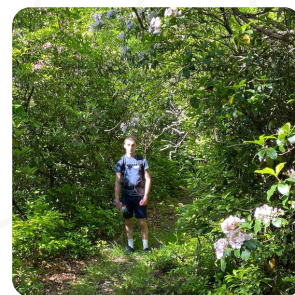
- Soul **Step Class** - Tuesdays at 6pm - King Community Center
 - Thursdays at 6pm - North Charleston Recreation Center
- Yoga** - Mondays (11th, 18th, and 25th) and Fridays (8th and 22nd) at 6pm - WV Health Right Community Wellness Center/Westside
- Meditation** - Sept 9th and 30th at 11am - WV Health Right Community Wellness Center/Westside
- Cardio **Kickboxing** - Sept 11th and 18th at 5pm - WV Health Right Community Wellness Center/Westside
- Zumba** - Sept 11th at 6:15pm - Bream Church on the Westside
 - Sept 23rd at 10:15am - Bream Church on the Westside
 - Sept 6th and 13th at 6:15pm - WVSU student union
- Boot Camp** - Sept 23rd at 9:15am - Bream Church on the Westside
 - Sept. 12th at 5:15pm - Bream Church on the Westside
- Fitlot** - Mondays and Wednesdays 5:30pm - East End Community Park (Dixie Street)
- Soul Line Dancing** - Tuesdays at 6pm - Kanawha City Recreation Center
- Clendenin Elk River **Trail Walk** - Tuesdays at 6pm - Elk River Trail trailhead
- Blessed and Fit for Christ **Walking Group** - day and time TBA - WVSU
- Nitro Intro to **Tai Chi** - Mondays at 9:30 am - West Sattas Community Center

ONE TIME ACTIVITIES

- Greenbrier Resort Valley View Trail **Hike** - Thursday Sept. 7th at 9 am - Meet at The Hub in Lewisburg
- Skyline **Hike** - Friday Sept. 8th at 10am - Meet at the Manns Creek picnic area
- Babcock State Park **Hike** - Saturday Sept. 16th at 10am - meet in front of the mill
- Highland Scenic Highway **Hike** - Saturday Sept. 16th at 10am - Meet at The Hub in Lewisburg
- Pilates** in the Amphitheater - Saturday Sept. 16th at 10:30am - Oak Hill Family Amphitheater
- Summersville Lake **Stand Up Paddleboarding** - Sept. 17th at 2pm - Meet at Salmon Run
- Beckley Sunset/Full Moon **Walk** - Thursday Sept. 28th at 7pm - Meet at 3rd Avenue parking lot
- Swinging Bridge Babcock State Park **Hike** - Friday Sept. 29th at 10am - Meet at the Gristmill

GET ACTIVE IN THE PARK - NEW RIVER GORGE NATIONAL PARK AND PRESERVE PARTNERSHIP

- Rend Trail **Hike** - Sept. 21st at 10am - meet on the Thurmond trailhead
- Longpoint Trail **Hike** - Sept. 28th at 10am - meet at the trailhead
- Youth **Rock Climbing** - Sept 27th time TBA - location TBA



Tag your photos with
#activeswv
You could be featured in
next months Program
Schedule!

LEARN MORE ABOUT ACTIVE SWV'S
COMMUNITY CAPTAIN VOLUNTEER PROGRAM
TO BECOME A LEADER IN YOUR AREA

CC COMMITMENTS
-Complete Active SWV's
Free Community Captain Training
-Complete CPR/First Aid Certification
(covered by Active SWV)
-Offer Consistent Activity Programming

EMAIL COMMUNITY CAPTAIN DIRECTOR
elizabeth@activeswv.com



Thank you to our September sponsor!

