

ACTIVE

SOUTHERN WEST VIRGINIA

JANUARY 2024
COMMUNITY CAPTAIN
PROGRAM SCHEDULE

FREE PHYSICAL ACTIVITIES FOR ALL AGES

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

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



MemberPlus

Join Today!!



Thank you to our January sponsor!



- Fayetteville/Oak Hill **High Fitness** - **Tuesdays at 9am** - SALS (Oak Hill)
 - Thursdays at 9am** - Soldiers and Sailors Memorial Building (Fayetteville)
- Fayetteville **Run Group** - **Thursdays at 6pm** - Secret Sandwich Society, park on Court St.
- Fayetteville **Mindful Walking** with Mary - **Tuesdays 6pm** - meet at the Memorial Building parking lot
- Fayetteville **Pickleball** - TBA, see the MembershipPlus app or 'Active SWV Pickleball' Group Facebook for pop up dates as availability allows - Soldiers and Sailors Memorial Building
- Ansted **Pickleball** - **Fridays 9am - 11am** - Midland Trail Community Center
- Ansted **Walking Group** - **Mondays and Wednesdays at 10am** - Midland Trail Community Center
- Smithers **Chair Yoga** - **Tuesdays and Thursdays at 11:30am** - Smithers Wellness Center
- Beckley **REFIT**
 - Saturday Jan 6th at 9 am** - Beckley Art Center
 - Mondays at 6pm** - Central Head Start
 - Tuesdays at 6:30pm** - Central Head Start
 - Thursdays at 6pm** - New River Community And Technical College rotunda
- Beckley **Walking Group** - **Mondays at 5 pm** - Paul Cline Soccer Complex walking track
- Beckley **Running Group** - **Tuesdays at 6pm** - Paul Cline Soccer Complex/Piney Creek Trail System
- Raleigh County **Walking/Exercise Group** - **Thursdays from 5 - 7pm** - the Pavilion at Lake Stephens
- Kanawha County **REFIT** - **Tuesdays at 6:45pm** - Tabernacle of Praise
- Kanawha County Pedal Pals **Biking** Group (BYO Bike) - TBA - see West Virginia Pedal Pals biking group on Facebook for details
- Charleston **Walking Group** - **Thursdays at 5pm** - Carriage Trail
- Webster County **Walking/Exercise Group** - **Mondays, Wednesdays, Fridays at 5:30 - 6:30pm** - meet at Diana Community Center
- Greenbrier County **Line Dancing** - **Jan. 3rd, 10th, and 17th at 6pm** - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Marion County Indoor **Walking Group** - **Tuesdays at 9am** - MCPARC Police Reserve Building, Fairmont

ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Soul **Step** Class - **Tuesdays at 6pm** - King Community Center
 - Thursdays at 6pm** - North Charleston Recreation Center
- Yoga** - **Mondays and Fridays at 6pm through Jan 19th (first three weeks)** - WV Health Right Community Wellness Center/Westside
- Zumba** - TBA - Bream Church on the Westside
- Boot Camp** - TBA - Bream Church on the Westside
- Soul Line Dancing** - **Tuesdays at 6pm** - Kanawha City Recreation Center
- Clendenin Elk River **Trail Walk** - **Tuesdays at 4pm** - Elk River Trail trailhead
- Blessed and Fit for Christ **Walking Group** - **day and time TBA** - WVSU
- Nitro **Tai Chi for Arthritis** - **Mondays at 9:30 am** - West Sattas Community Center
- Zumba** - **Mondays at 6pm** - Kanawha City Recreation Center

ONE TIME ACTIVITIES

- Beckley First Day **Hike** - **Monday, Jan 1 at 2pm** - meet at the first parking lot/Paul Cline Soccer Complex
- Winter Wonderland Waterfall **Hike** - **Saturday, Jan 13th at 11am** - meet at The Hub in Lewisburg
- Greenbrier Resort Mountain-top trail **Hike** - **Tuesday, Jan 23rd at 11am** - meet at The Hub in Lewisburg
- Youth **Climbing** - **Friday, Jan 15th at 4, 5, and 6 pm** - WVU Tech Bouldering Barn, registration required

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

- First Day Hike** - **Jan 1, 2024 at 10 am** - Meet at Brooklyn Campground/Southside Trail bottom of Cunard Rd
- Rend Trail Hike** - **Jan 5, 2024 at 10 am** - Meet on the Thurmond side/Rend Trailhead

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.*