

April 2024 COMMUNITY CAPTAIN PROGRAM SCHEDULE

FREE PHYSICAL ACTIVITIES FOR ALL AGES

WEEKLY PROGRAMS Track all events & changes on activeswv.org/calendar

- Fayetteville/Oak Hill High Fitness Tuesdays at 9am SALS (Oak Hill)
 Thursdays at 9am Soldiers and Sailors Memorial Building (Fayetteville)
- Fayetteville Mindful Walking Tuesdays at 7 pm meet in the parking lot at Soldiers and Sailors Memorial Building
- Fayetteville Run Group Thursdays at 6pm Arrowhead Bike Farm
- Fayetteville Pickleball- stay tuned!
- Ansted Pickleball Fridays 9am 11am Midland Trail Community Center
- Ansted Walking Group Mondays and Wednesdays at 10am- Midland Trail Community Center
- Ansted Chair Fitness Saturdays at 10 am Gran Robbies
- Smithers Chair Yoga Tuesdays and Thursdays at 11:30am Smithers Wellness Center
- Beckley REFIT Mondays at 6pm Central Head Start
 - o Tuesdays at 6:30pm Central Head Start
 - o Thursdays at 6pm New River Community And Technical College rotunda
- Beckley **Running Group** Tuesdays at 6pm Paul Cline Soccer Complex/Piney Creek Trail System
- Kanawha County REFIT Tuesdays at 6:30pm Tabernacle of Praise
- Kanawha County Pedal Pals Biking Group (BYO Bike) Saturdays April 6th and 20th at 9am AND Thursday April 18 at 6pm - West Side Wonder Mural (4/6), Taylor Books (4/18 and 4/20)
- Webster County Walking/Exercise Group Mondays, Wednesdays, Fridays at 5:30 6:30pm meet at Diana Community Center
- Greenbrier County Line Dancing April 3rd, 17th, and 24th at 6pm Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Alderson Walking Group Mondays at 6pm Meet in front of Old Greenbrier Baptist Church
- Marion County Walking Group Tuesdays at 9am MCPARC Police Reserve Building

ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Yoga -April 1st, 8th, 15th (Mondays) and 5th, 12th, 19th (Fridays) 6pm WV Health Right Community Wellness Center/Westside
- Meditation April 3rd, 10th, and 17th at 6pm at WV Health Right Community Wellness Center/Westside
- Zumba Monday April 1st at 6:15 pm and Saturday April 13th at 10:15 am Bream Church on the Westside
- Zumba Wednesday April 17th at 6:15pm WVSU
- Boot Camp -Saturday April 13th at 9am and Tuesday April 23rd at 5:30pm Bream Church on the Westside
- Clendenin Elk River Trail Walk Tuesdays at 4pm Elk River Trail trailhead
- Nitro Tai Chi for Arthritis Mondays at 9:30 am West Sattas Community Center
- Zumba Mondays at 6pm Kanawha City Recreation Center

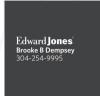
ONE TIME ACTIVITIES

- Greenbrier River Trail/Loupemount Waterfall **Hike** Friday April 5th at 10am meet at The Hub in Lewisburg
- Cranberry Glades and Falls of Hills Creek **Hike** Saturday April 20th at 10am meet at The Hub in Lewisburg
- Youth Climbing Tuesday April 23rd at time TBA location TBA
- Beckley Full Moon Walk April 23rd at 7pm MacManus Trail 3rd St parking lot

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

- Glade Creek Wildflower **Hike** April 4th at 10am Meet at Glade Creek Trailhead on the Prince (north) side
- Long Point Trail Hike April 5th at 10am Meet at the trailhead parking lot
- Southside Trail Wildflower Hike April 10th at 10am meet at the Southside Trailhead beyond the Brooklyn Campground
 parking area
- Southside Trail Wildflower Hike April 18th at 5:30pm meet at the Southside Trailhead beyond the Brooklyn Campground
 parking area
- Endless Wallk **Hike** April 19th at 10 am meet at the Nuttall (second parking lot/trailhead)
- Southside Trail Bike Ride April 27 at 1pm meet at the Southside Trailhead beyond the Brooklyn Campground parking area

Thank you to our April sponsor!



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







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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.