

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our April sponsor!



Tag your photos with [#activeswv](https://twitter.com/activeswv)
You could be featured in next months Program Schedule!

- 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
 - 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
- 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



Get your **FREE Membership Today!!**



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 Walk **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

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.