

### WEEKLY PROGRAMS

Track all events & changes on [activeswv.org/calendar](https://activeswv.org/calendar)

Thank you to our May sponsor!



Appalachian Regional Healthcare  
on behalf of Stroke Awareness  
Month - BeFast!

Tag your photos with #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!
- Oak Hill **Roller Skating** - May 23rd and May 30th at 6pm - parking lot 531 Jones Ave. Oak Hill
- Ansted **Pickleball** - Fridays 9am - 11am - Midland Trail Community Center
- Ansted **Walking Group** - Mondays and Wednesdays at 9am - 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
- Beckley Ladies **Biking Group** - Saturday May 4th at 5pm and Sunday May 19th at 5 pm - meet in the back parking lot by the gate at the Paul Cline Soccer Complex
- Sophia **Walking Group** - Mondays at 6 pm - meet at The Hope Center, Main St, Sophia
- Kanawha County **REFIT** - Tuesdays at 6:30pm - Tabernacle of Praise
- Kanawha County Pedal Pals **Biking** Group (BYO Bike) - Sunday May 5 at 5:30 pm, Wednesday May 8th at 6 pm, and May 18th at 10am - May 5th and 8th meet at Bike Man sculpture/Lee St. Triangle, May 18th meet at UC Pharmacy parking lot
- Webster County **Walking/Exercise Group** - Mondays, Wednesdays, Fridays at 5:30 - 6:30pm - meet at Diana Community Center
- Greenbrier County **Line Dancing** - Wednesdays at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Alderson **Walking Group** - Mondays at 7pm - Meet in front of Old Greenbrier Baptist Church
- Marion County **Walking Group** - Tuesdays at 9am - MCPARC Police Reserve Building
- Valley Falls **Yoga** - Mondays at 6pm - Meet by the falls at Valley Falls State Park



### ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Yoga** - Mondays May 6th, 13th, and 20th and Fridays May 3rd, 10th, 17th, 24th, and 31st at 6pm - WV Health Right Community Wellness Center/Westside
- Meditation** - May 1st, 8th, and 15th at 6pm at - WV Health Right Community Wellness Center/Westside
- Zumba** - Monday May 6 at 6:15pm - Bream Church on the Westside
- Boot Camp** - Tuesday May 14th 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
- Field Day with **Boot Camp(9am), Zumba(10:15am), Biking(1pm), Soul T-Step(11:15am), Soul Line Dancing(12:15pm)** - Saturday May 18th 9am - 2pm - Coonskin Park



Get your **FREE**  
**Membership**  
**Today!!**



### ONE TIME ACTIVITIES

- Mary Ingles Trail/ Bluestone State Park **Hike** - May 18th at 9am - park along the Old Pits Rd./meet at the trailhead
- Falling Springs Waterfall/Jackson River Trail **Hike** - Tuesday May 21st at 10am - meet at The Hub in Lewisburg
- Youth **Climbing** - TBA - location TBA \*registration required on MemberPlus
- Beckley **Full Moon Walk** - May 23rd at 7:30pm - MacManus Trail 3rd St parking lot

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

- Dun Glen **Stand Up Paddleboarding** - May 24th at 5:30pm - Meet at Dun Glen river access, \*registration required on MemberPlus
- Grandview Full Moon **Walk** - May 24th at 7:30pm - meet at the North Overlook 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.