

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our July sponsor!

- Fayetteville/Oak Hill **High Fitness** - Tuesdays at 9am - SALS (Oak Hill)
 - Thursdays at 9am - Sals (Oak Hill)
- Fayetteville **Run Group** - Thursdays at 6pm - Wolf Creek Trailhead
- Arrowhead Farm Beginner **Biking** Group - Mondays at 6 pm - meet at Arrowhead Farm
- Oak Hill **Roller Skating** - Thursdays July 11, 18, 25 at 6pm - *pre-registration required, see MemberPlus for location
- Ansted **Pickleball** - Fridays 9am - 11am - Midland Trail Community Center
- Ansted **Water Aerobics**- Tuesdays and Saturdays at 10 am - Hawks Nest State Park pool
- 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** - Sundays July 14th and 28th at 5 pm - meet in the back parking lot by the gate at the Paul Cline Soccer Complex
- Kanawha County **REFIT** - Tuesdays at 6:30pm - Tabernacle of Praise
- Kanawha County Pedal Pals **Biking** Group (BYO Bike) - Mondays July 1st, 8th, 15th at 7 pm, Saturday July 13th at 10 am, and Thursday July 18th at 6pm - Lee Street Triangle (1st, 8th, 13th, and 15th) and West Side Wonder Mural (18th)
- Webster County **Walking/Exercise Group** - Mondays, Wednesdays, Fridays at 5:30 - 6:30pm - meet at Diana Community Center
- Greenbrier County **Line Dancing** - Wednesdays July 3rd, 10th, 17th, and 24th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- 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



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



ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Yoga** - Mondays July 1st, 8th, 15th, and Fridays July 12th, 19th, and 26th at 6pm - WV Health Right Community Wellness Center/Westside
- Meditation** - July 3rd, 10th, and 17th at 6pm - WV Health Right Community Wellness Center/Westside
- Zumba** - July 8th and 24th at 6:15pm - Bream Church on the Westside
- Boot Camp** - July 2nd and 30th at 5:30pm - Bream Church on the Westside
- Smooth T-Step** - July 9th at 6:30pm - Bream Church on the Westside
- Clendenin Elk River **Trail Walk** - Tuesdays at 5pm - Elk River Trail trailhead
- Nitro **Tai Chi for Arthritis** - Mondays at 9:30 am - West Sattas Community Center



MemberPlus

Get your
FREE
Membership
Today!!



ONE TIME ACTIVITIES

- Adventure: Fayette County **Water Days** - July 2nd and 18th at 6 pm - Fayette County Park pond
- Lake Stephens **Stand up Paddleboarding** - July 2nd and 4th at 11:00 am AND 12:30pm (2 sessions each day) - meet at the dam parking lot/small boat launch area, *pre-registration required
- Meadow River Trail Tours/**Bike OR Walk** - July 3rd and 15th at 9am- Meet at the Russellville Trailhead
- Black Mountain Circuit **Hike** - Tuesday July 9th at 10am - meet at The Hub in Lewisburg
- Waterstone **Running** - July 17th at 5:30pm - meet at Waterstone Outdoors in Fayetteville
- Summersville Lake **Stand Up Paddleboarding** - July 18th at 6pm - meet at Salmon Run parking lot *pre-registration required
- Pilates** in the Amphitheater - Saturday July 20th at 10:30am - Lively Amphitheater Oak Hill
- Youth **Climbing** -TBA *pre-registration required
- Boley Lake at Babcock State Park **Hike** - July 22nd at 6pm - meet in the parking lot at the top/Boley Lake
- Beckley **Full Moon Walk** - July 22nd at 7:30pm - MacManus Trail 3rd St parking lot
- Lewisburg **Pickleball**- Sunday July 28th at noon - meet at Hollowell Courts

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

- Grandview Rhododendron **Hike** - July 12th at 5 pm - Meet at Grandview Visitor Center
- Dun Glen **Stand Up Paddleboarding** - July 2nd at 10am - Meet at Dun Glen river access, *pre-registration required
- Dun Glen **Stand Up Paddleboarding** - July 7th at 3pm - Meet at Dun Glen river access. *pre-registration required
- Dun Glen **Stand Up Paddleboarding** - July 17th at 6pm - Meet at Dun Glen river access, *pre-registration required

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.