

WEEKLY PROGRAMS

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Flyer updated: 8/29/24

- 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 - Wolf Creek Trailhead
- Fayetteville **Pickleball** - Mondays 5:30-7:30pm - Soldiers and Sailors Memorial Building, Fayetteville (No PB Sept. 2nd)
- Fayetteville **Tai Chi for Arthritis** - Sept. 17th and 24th at 10am - Fayette Co. Health Dept
- Arrowhead Farm Beginner **Biking** Group - Mondays at 6 pm - meet at Arrowhead Farm
- Oak Hill **Roller Skating** - Sept. 5th, 12th, 19th, and 24th at 6pm - *pre-registration required - Ace Mountaintop Pavilion
- Ansted **Pickleball** - Fridays 9am - 11am - Midland Trail Community Center (no PB Sept. 27)
- Ansted **Water Aerobics** - Saturdays at 10 am - Hawks Nest State Park pool
- Smithers **Chair Fitness** - Tuesdays and Thursdays at 11:30 am - Smithers Wellness Center
- Beckley **Tai Chi for Arthritis** - September 10th and 24th at 10:30am - Beckley Salvation Army
- 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
 - Saturday Sept. 14th at 9am - Grandview Amphitheater top of house
- Beckley **Running Group** - Tuesdays at 6pm - Paul Cline Soccer Complex/Piney Creek Trails
- Kanawha County **REFIT** - Tuesdays at 6pm - Tabernacle of Praise
- Kanawha County Pedal Pals **Biking** Group (BYO Bike) - Sept. 6th and 19th - Lee Street Triangle
- Webster County **Walking/Exercise Group** - Mondays, Wednesdays, Fridays at 5:30 - 6:30pm - meet at Diana Community Center
- Webster County **Pickleball** - Tuesdays 5:30pm - Diana Community Center gym
- Greenbrier County **Line Dancing** - Wednesdays Sept. 4th, 11th, and 18th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Lewisburg **Pickleball** - Sundays Sept. 8th, 15th and 22nd at noon - meet at Hollowell Courts
- 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 *last class 9/23

ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Yoga** - Sept. 3rd, 10th, and 17th at 7pm and Sept. 9th, 16th, and 23rd at 6pm - WV Health Right Community Wellness Center/Westside
- Meditation** - Thursdays Sept. 4th, 11th, and 18th at 6pm - WV Health Right Community Wellness Center/Westside
- Zumba** - Sept. 4th, and 9th at 6:15pm - Bream Church on the Westside
- Boot Camp** - Sept. 3rd and 24th at 5:30pm and Sept. 14th at 9am - Bream Church on the Westside
- Smooth T-Step** - Sept. 17th at 6:30pm and Sept. 28th at 10:15am - 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

ONE TIME ACTIVITIES

- Little Beaver **Hike** - Saturday Sept. 14th at 10 am - Meet at The Hub in Lewisburg
- Pilates** in the Amphitheater - Saturday Sept 14th at 10:30am - Lively Amphitheater Oak Hill
- Cowpasture Loop **Hike** - Tuesday Sept. 24th at 10am - meet at The Hub in Lewisburg
- Waterstone **Climbing** - Wednesday Sept. 18th at 5:30pm - meet at Waterstone Outdoors in Fayetteville
- Youth **Climbing** - TBA *pre-registration required
- Beckley **Full Moon Walk** - Tuesday Sept. 17th at 7:00pm - MacManus Trail 3rd St parking lot

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

- Adaptive programming **learning and exploration** - Saturday Sept. 28th at noon - Burnwood shelter

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.*