

### WEEKLY PROGRAMS

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

Thank you to our October sponsor!

- Fayetteville/Oak Hill **High Fitness** - Tuesdays at 9am - SALS (Oak Hill)
  - Thursdays at 9am - Soldiers and Sailors Memorial Building (Fayetteville) on Oct. 3, SALS (Oak Hill) the rest of the month
- Fayetteville **Run Group** - Thursdays at 6pm - Wolf Creek Trailhead
- Fayetteville **Tai Chi for Arthritis** - Tuesdays at 10am - Fayette Co. Health Dept
- Arrowhead Farm Beginner **Biking** Group - Mondays at 6 pm - meet at Arrowhead Farm
- Oak Hill **Roller Skating** - Oct. 3rd, 10th, 15th, and 24th at 6pm - \*pre-registration required - Ace Mountaintop Pavilion
- Smithers **Chair Fitness** - Tuesdays at 11:30 am - Smithers Wellness Center
- Smithers **Spin Bike** - Thursdays at 11:30 am - Smithers Wellness Center
- Beckley **Tai Chi for Arthritis** - October 1st and 15th at 10:00am - 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
- 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) - TBA
- 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 Oct. 2nd, 9th, and 16th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Lewisburg **Pickleball** - Sundays Oct. 6th and 27th at noon - meet at Hollowell Courts
- Marion County **Walking Group** - Tuesdays at 9am - MCPARC Police Reserve Building



WHITECAP WASTE

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



### ACTIVE OWL PARTNERSHIP ACTIVITIES - KANAWHA COUNTY

- Yoga** - Mondays at 6pm - WV Health Right Community Wellness Center/Westside
- Zumba** - TBA - Bream Church on the Westside
- Boot Camp** - TBA - Bream Church on the Westside
- Smooth T-Step** - TBA - 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

- High Rocks Trail **Hike** - Saturday Oct. 5th at 9am - Meet at The Hub in Lewisburg
- Pilates** in the Amphitheater - Saturday Oct. 26th at 10:30am - Lively Amphitheater Oak Hill
- Babcock State Park **Hike** - Tuesday Oct. 22nd at 9am - meet at The Hub in Lewisburg
- Waterstone **Climbing** - Wednesday Oct. 16th at 5:00pm - meet at Waterstone Outdoors in Fayetteville
- Youth **Climbing** - TBA \*pre-registration required
- Beckley **Full Moon Walk** - Wednesday Oct. 16th at 6pm - MacManus Trail 3rd St parking lot



Get your  
FREE

Membership  
Today!!



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

- Kaymoor **Hike** - Oct. 5th at 10am - Meet at the Wolf Creek Trailhead on Fayette Station Rd
- Long Point **Hike with Adaptive Options** - Oct 14th at 10:30 am - meet at the Long Point trailhead/parking lot
- Red Ash Island **Hike** - Oct 12th at 10am - Meet at the Brooklyn Campground near the Southside Trail one mile from Cunard River Access (wear long pants)