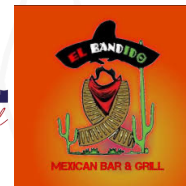


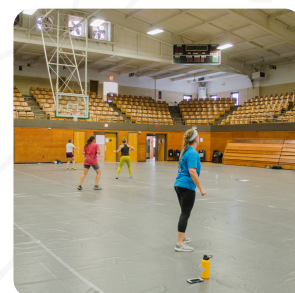
### WEEKLY PROGRAMS

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

Thank you to our January sponsor!



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



Get your  
**FREE**  
Membership  
Today!!



Then  
download the



MEMBERPLUS  
APP

to register for  
programs!

- 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** - Pies and Pints Fayetteville
- Fayetteville **Tai Chi for Arthritis** - **Tuesdays at 10am** - Fayette Co. Health Dept
- Fayetteville Mindful **Walking** - **Tuesdays at 6pm** - Soldiers and Sailors Memorial Building
- Fayette Co. **Roller Skating** - **Jan 21st and 28th at 6pm** - \*pre-registration required - Gatewood Church of God Community Outreach Center
- Ansted **Tai Chi for Arthritis** - **Thursdays at 6pm** - Hawks Nest Conference Room
- Ansted **Chair Fitness** - **Saturdays at 10am** - Gran Robbies
- Ansted **Pickleball** - **Fridays at 9am** - Midland Trail Community 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
  - Saturdays Jan 11th and 25th at 9am** - Dry Hill Community Center
- Beckley **Running Group** - **Tuesdays at 5:30pm** - 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**
- Nitro **Tai Chi for Arthritis** - **Mondays at 9:30am** - West Sattas Community Center
- Webster County **Walking/Exercise Group** - **Fridays at 6-7pm** - meet at Diana Community Center
- Webster County **REFIT** - **Mondays and Wednesdays 6pm - 7pm** - meet at Diana Community Center
- Webster County **Pickleball** - **Tuesdays 5:30pm** - Diana Community Center gym
- Greenbrier County **Line Dancing** - **Wednesdays Jan 8th, 15th, and 22nd at 6pm** - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Marion County **Walking Group** - **Tuesdays at 9am** - MCPARC Police Reserve Building
- Winter Walking Challenge** (Virtual) - sign ups accepted through **Jan 6th**

### ONE TIME ACTIVITIES

- Falls of Hills Creek **Hike** - **Sunday Jan 5th at 3pm** - Meet at the trailhead/parking area
- Greenbrier State Forest **Hike** - **Monday Jan 6th at 11am** - Meet at The Hub in Lewisburg
- Lake Stephens **Hike** - **Saturday Jan 11th at 11 am** - meet near the dam/small craft launch area
- Youth Indoor **Climbing** - **Wednesdays Jan 15th and 22nd 4pm, 5pm, and 6pm** - WVU Tech Boulder Barn - pre-registration required
- Patterson Loop Trail at Carnifex Ferry State Park **Walk** - **Sunday Jan 19th at 3pm** - meet at the parking lot by the trail
- Camp Creek State Park **Hike** - **Tuesday Jan 21st at 10am** - meet at The Hub in Lewisburg

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

- Kaymoor **Hike** - **Jan 1st 2025 at 11am** - Meet at the Wolf Creek Trailhead on Fayette Station Rd
- Forbidden Forest **Hike** - **Jan 24th at 5pm** - Meet at Fayetteville Trailhead/Fayetteville Town Park
- Beginner Friendly Endless Wall **Hike** - **Jan 31st at noon** - meet at the new Endless Wall parking lot

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.