

### WEEKLY PROGRAMS

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

Thank you to our March sponsor!



## WINTERPLACE

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 **Run Group** - Thursdays at 6pm - Secret Sandwich Society 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** - Tuesdays at 6pm - pre-registration required - Gatewood Church of God Community Outreach Center
- Fayetteville **Pickleball** - Tuesdays 6pm - Soldiers and Sailors Memorial Building
- Ansted **Tai Chi for Arthritis** - Thursdays at 6pm - Hawks Nest Conference Room
- Ansted **Chair Fitness** - Saturdays at 10am - Gran Robbins
- Ansted **Pickleball** - Fridays at 9am - Midland Trail Community Center
- Smithers **Spin Class** - Tuesdays at 12:30pm - Smithers Wellness Center
- Smithers **Fitness Foundations** Class - Tuesdays at 6pm - 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
  - 10 year Celebration - Saturday March 29th at 4pm - Tamarack ballroom
- Beckley **Running Group** - Tuesdays at 5:30pm - Paul Cline Soccer Complex/Piney Creek Trails
- Beckley **Zumba** - Tuesdays March 11th and 25th at 5:15pm - Dry Hill Community Center
- Beckley **Walking Group** - Tuesdays at 6pm (TBA/weather permitting) - Paul Cline Soccer Complex meet in the first parking lot
- 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 and Thursdays 5:30pm - Diana Community Center gym
- Greenbrier County **Line Dancing** - Wednesdays March 5th, 12th, and 19th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Wyoming County Community **Fitness** - Mondays at 9am - Nazarine Church Family Life Center

### ONE TIME ACTIVITIES

- Youth Indoor **Climbing** - Wednesdays March 5th and 19th 4pm, 5pm, and 6pm - WVU Tech Boulder Barn - pre-registration required
- Bluestone State Park **Hike** - Saturday March 8th at 9am - Meet at The Hub in Lewisburg
- Lake Stephens **Hike** - Saturday March 8th at 11 am - meet near the dam/small craft launch area
- Pierson Hollow Trail **Hike** - Sunday March 9th at 2pm - Meet at the trailhead/Carnifex Ferry State Park
- Beckley Full Moon **Walk** - Friday March 14th at 7pm - Meet at the MacManus Trailhead
- Greenbrier River Trail **Bike/Run** - Wednesday March 12th at 6pm - meet at the Caldwell Trailhead
- St. Patrick's Day **Walk** - Monday March 17th at 5pm - New River Park loop trail, Park at Willis Street
- Summit Bechtel Reserve **Roller Skating** - Thursday March 20 at 6pm -Action Point, Summit Bechtel Reserve- pre-registration required, in addition must sign the Summit's liability waiver too
- Old Ferry Road Trail **Hike** - Sunday March 23rd at 2pm - Meet at the trailhead/Carnifex Ferry State Park



Then  
download the



to register for  
programs!

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

- Sandstone Falls/Island Loop Trail **Walk** - Saturday, March 15th at 10am - Meet at the Boardwalk parking lot
- Beginner Friendly Big Branch Trail **Hike** - Saturday March 22nd at 11am - Meet at the parking lot across the road from the trailhead
- Beginner Friendly Glade Creek Trail **Hike** - Sunday March 30th at 11am - Meet at the trailhead / Prince side

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.