

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our April sponsor!

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Program Schedule!



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MEMBERPLUS
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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 - 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 April 1st, 8th, and 15th at 6pm - Chamber/Visitor Center Parking Lot/ April 22nd and 28th at 6pm - Gateway Church of God Community Outreach Center pre-registration required
- 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
- 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 **Zumba** - Tuesdays April 8th and 22nd at 5:15pm - Dry Hill Community Center
- Beckley **Walking Group** - Tuesdays at 6:30pm (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 April 2nd, 9th, and 16th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Wyoming County Community **Fitness** - Mondays at 9am - Nazarine Church Family Life Center
- Marion County **Walking** Group - Tuesdays at 9am - MCPARC Police Reserve Building
- Valley Falls **Yoga** - Mondays at 6pm starting Monday April 28 - meet at the grassy area/parking lot near the falls

ONE TIME ACTIVITIES

- Youth Indoor **Climbing** - Wednesday April 23rd 4pm, 5pm, and 6pm - WVU Tech Boulder Barn - pre-registration required
- Youth Outdoor **Climbing** - Wednesday April 9th at 4pm - Needleseye Park Oak Hill pre-registration required
- Two Lick Trail **Hike** - Tuesday April 1st at 9am - Meet at The Hub in Lewisburg
- Camp Creek State Park **Hike** - Saturday April 19th at 9am - meet at The Hub in Lewisburg
- Kevin R Brown Trail **Hike** at Summersville Lake - Sunday April 13th at 3pm -
- Beckley Full Moon **Walk** - Sunday April 13th at 7:30pm - Meet at the 3rd Ave trailhead
- Greenbrier River Trail **Bike/Run** - Wednesday April 16th at 5:45pm - meet at the Caldwell Trailhead

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

- Sandstone Falls/Island Loop Trail **Walk** - Saturday, April 26th 9am - Meet at the Boardwalk parking lot
- Beginner Friendly Southside Trail **Hike** - Saturday April 5th at 10am - Meet at Brooklyn Campground/past Cunard River Access lot
- Beginner Friendly Glade Creek **Hike** - Friday April 18th at 10am - Meet at the trailhead on the Prince side of Glade Creek
- Glade Creek Trail **Hike** to Kate's Falls (10 miles round trip) - Sunday April 20th at 10am - 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.