

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our May sponsor!

- 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 Trails
- Fayetteville **Tai Chi for Arthritis** - Tuesdays at 10am - Fayette Co. Health Dept
- Fayette Co. **Roller Skating** - Monday May 19th at 6pm - Summit Bechtel Reserve *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 **Pickleball** - Fridays at 9am - Midland Trail Community Center
- Smithers **Spin Class** - Tuesdays at 12:30pm - Smithers Wellness Center
- Smithers **Walking Group** - Thursdays at 6pm - Meet at Smithers Gateway 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** - Tuesday May 20th at 5:15pm - Dry Hill Community Center
- Beckley **Walking Group** - Tuesdays at 6:30pm - Paul Cline Soccer Complex meet in the first parking lot
- Little Beaver **Walking Group** - Saturdays at 9am - Meet at the parking lot by the dam
- 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 **REFIT** - Mondays, Wednesdays, and Fridays 6pm - 7pm - meet at Diana Community Center
- Webster County **Pickleball** - Tuesdays and Thursdays 5:30pm - Diana Community Center gym
- Greenbrier County **Line Dancing** - Wednesdays May 7th, 14th, and 28th at 6pm - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Marion County **Walking Group** - Tuesdays at 9am - MCPARC Police Reserve Building
- Valley Falls **Yoga** - Mondays at 6pm - meet at the grassy area/parking lot near the falls
- Sunshine Walkers Mingo County **Walking Group** - M, T, W, R, F at 10am - meet at Delbarton Town Hall
- Summersville Lake **Run Group** - Mondays at 6pm - check FB group page for weekly meeting locations.

ONE TIME ACTIVITIES

- Bikepacking 101 Bike **Ride** - Saturday May 17th 1 - 4pm - meet at Ascend WV HQ, Fayetteville WV (between Fayetteville Memorial Building and Wiseman & High Apartments)
- Youth Indoor **Climbing** - Wednesday May 21st 4pm, 5pm - WVU Tech Boulder Barn - *pre-registration required*
- Beaver Creek Trail/Little Beaver **Hike** - Saturday May 17th at 11am - Meet at Rhododendron Run parking area/alcove parking lot near wooden bridge
- Babcock State Park **Hike** - Monday May 5th at 9am - meet at The Hub in Lewisburg
- Railroad Grade Trail **Hike** at Little Beaver - Sunday May 25th at noon - meet at the second parking lot near the bathrooms
- Summersville Lake State Park **Walk/Hike** - Saturday May 10th - #MyMountaineerMile
- Beckley Full Moon **Walk** - Monday May 12th at 7:30pm - Meet at the 3rd Ave trailhead

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

- Youth Outdoor **Climbing** - Wednesday May 7th at 4pm - Meet at Canyon Rim Visitor Center RV parking area, climbing at Bridge Buttress - *pre-registration required*
- Beginner Friendly Kaymoor Trail **Hike** - Saturday May 10th at 10am - Meet at Kaymoor trailhead on Fayette Station Rd/Wolf Creek falls trailhead
- Sandstone Falls/Big Branch Trail **Hike** - Saturday May 17th at 9am - Meet at The Hub in Lewisburg
- Rhododendron **Walk and Talk** - Sunday May 18th at 3pm - Meet at Grandview National Park visitor center/parking area

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.



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