

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our June sponsor!



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** - Wolf Creek Trails
- Fayetteville **Tai Chi for Arthritis** - **Tuesdays at 10am** - Fayette Co. Health Dept
- Fayetteville **Pickleball** - **Tuesdays 6pm** - Soldiers and Sailors Memorial Building
- Oak Hill **Roller Skating** - **Thursdays June 12 and June 19 at 6pm** - White Oak Rail Trail, Train Depot
- Ansted **Tai Chi for Arthritis** - **Thursdays at 6pm** - Hawks Nest Conference Room
- Ansted **Pickleball** - **Fridays at 9am** - Midland Trail Community Center
- Ansted **Water Aerobics** - **Tuesdays and Saturdays at 10am** - Hawks Nest State Park pool
- Smithers **Spin Class** - **Tuesdays at 12:30pm** - Smithers Wellness Center
- Smithers **Walking Group** - **Tuesdays at 7am** - 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 June 10th 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 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 June 4th, 11th, and 25th 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 **Running Group** - **June 2nd and June 30th at 6pm** - meeting location TBA

ONE TIME ACTIVITIES

- Summersville Lake **Swimming** - **Tuesday June 3rd at 6pm** - meet at Waterstone Outdoors
- Twin Falls **Hike** - **Monday June 9th at 9am** - meet at The Hub in Lewisburg
- Youth **Outdoor Climbing** - **Wednesday June 11th at 4pm** - meet at Paul Cline soccer complex, last parking lot **pre-registration required*
- Beckley Full Moon **Walk** - **Wednesday June 11th at 7:30pm** - Meet at the 3rd Ave trailhead
- Summersville Lake State Park **Hike** - **June 14th at 2pm** - Meet at the first parking area at Summersville Lake State Park
- Rhododendron Run Trail **Hike** - **Monday June 16th at 10am** - Little Beaver State Park, meet at the parking area/trailhead for Rhododendron Run Trail
- REFIT Pop Up Class** - **Tuesday June 17th at 6pm** - SALS in Oak Hill
- Falls at Hill Creek **Hike** - **Saturday June 21st at 9 am** - meet at The Hub in Lewisburg
- Youth Indoor **Climbing** - **Wednesday June 25th 4pm, 5pm** - WVU Tech Boulder Barn - **pre-registration required*
- Lake Stephens **Hike** - **Thursday June 26th at 6pm** - meet at dam/small craft launch parking area
- Pilates** in the Amphitheater - **Saturday June 28th at 10:30am** - Lively Family Amphitheater, Oak Hill
- Hawks Nest Rail Trail **Hike** - **June 28th at 2pm** - meet at the rail trail parking area
- Waterstone **Climbing** - **Sunday June 29th at 4pm** - meet at Waterstone Outdoors, Fayetteville **Pre-registration required*

Get your
FREE
Membership
Today!!



Then
download the



MEMBERPLUS
APP
to register for
programs!

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

- REFIT** in the Park - **Saturday June 7th at 9am** - Grandview Park, at the amphitheater/stage
- Bridge Trail **Hike** - **Saturday June 21st at 9am** - meet at Waterstone Outdoors, Fayetteville
- Dun Glen **Stand Up Paddleboarding** - **Thursday June 26th at 6pm** - meet at the Dun Glen access on the New River, **PRE-REGISTRATION IS REQUIRED*

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.