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March sponsor!



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Program Schedule!



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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)
- Fayette County **Roller Skating** - Tuesdays at 6pm - Gatewood Community Center
- Fayetteville **Pickleball** - Wednesdays from 5-7pm - Gripped Fitness *pre-registration required
- Fayette County **REFIT** - Mondays and Thursdays at 6pm - New River Convention Center (Mall Rd., Oak Hill)
- Ansted **Pickleball** - Fridays at 9am - Midland Trail Community Center
- Tai Chi Practice** *ONLINE* - Tuesdays at 6pm - Join Active SWV Ansted Tai Chi FB group or check calendar for Zoom link
- Smithers **Chair Yoga** - Tuesdays at 11:30am - Smithers Wellness Center
- Smithers **Spin Class** - Thursdays at 11:30am - Smithers Wellness Center
- Beckley **REFIT** - Mondays at 6pm - Central Head Start
 - Rev and Flow - Tuesdays at 5:45pm - Dry Hill Community Center
 - Tuesdays at 6:30pm - Central Head Start
 - Thursdays at 6pm - New River Community and Technical College rotunda
- Beckley **Running Group** - Tuesdays at 6pm - Paul Cline Soccer Complex first parking lot
- Move Strong **Group Fitness** - Tuesdays at 6pm - New River Community and Technical College rotunda
- Little Beaver **Walking Group** - Saturdays at 2:30pm - Meet at the parking lot by the dam
- Shady Spring **Functional Flow** Class - Thursdays at 10am - Shady Spring Public Library
- Kanawha County **REFIT** - Tuesdays at 6pm - Tabernacle of Praise
 - Saturdays at 9am - Tabernacle of Praise
- Webster County **REFIT** - Wednesdays from 5:30pm to 6:30pm - Diana Community Center
 - Rev and Flow - Mondays from 5:30pm to 6:30pm - Diana Community Center
- Webster County **Pickleball** - Tuesdays and Thursdays 5:30pm - Diana Community Center gym
- Greenbrier County **Line Dancing** - Wednesdays at 6pm (check FB group page for date announcement) - Old Stone Presbyterian Church Fellowship Hall (enter on Foster)
- Summersville **Running Group** - Mondays and Wednesdays at 5pm - parking lot at City Pavilion
 - Additional Meet Up Thursdays at 5pm - parking lot at City Pavilion (check Summersville Run Group FB page for details of activity on Thursdays)
- Summersville **Pickleball** - Mondays and Wednesdays at 12pm - Old Main Building Gym in Summersville
- Summersville **REFIT** - Mondays at 6:30pm - Quality Inn (Industrial Rd., Summersville)
- Craigsville **Walking Group** - Tuesdays and Thursdays at 12:45pm - St. Luke's United Methodist Church Activity Center, Craigsville
- Sunshine Walkers Mingo County **Walking Group** - Monday through Friday at 9am - Delbarton Town Hall
 - Tuesdays and Thursdays at 5pm - Delbarton Town Hall

ONE TIME ACTIVITIES

- First Sunday **Hiking** Series Babcock State Park - Sunday, March 1st at 2pm - meet at the parking lot by Boley Lake
- Piney Point Trail **Hike** - Sunday, March 8th at 1pm - meet at the Paul Cline Memorial Sports Complex in Beckley, first parking lot
- Beckley **Youth Indoor Climbing** - TBA

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

- Sandstone Falls/Island Loop trail **Hike** - Sunday, March 22nd at 1pm - meet at the trailhead/parking area
- Waterstone **Climbing** *pre-registration required - Sunday, March 29th at 4pm - meet at Waterstone Outdoors/Fayetteville

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.