

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our April sponsor!



WEST VIRGINIA
AMERICAN WATER

Tag your photos with #activeswv
You could be featured in next months Program Schedule!



Get your
FREE
Membership
Today!!



Then
download the



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 - Wolf Creek Trails
- 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 meeting 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
 - Anniversary Celebration Class - Saturday, April 18th at 3pm - Central Gym
- 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
- 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 at 5pm and Wednesdays at 4:45pm - Salmon Run, second gravel parking lot
 - Additional Meet Up Thursdays at 5pm - Salmon Run (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
- Valley Falls Yoga - Mondays at 6pm starting April 20th - meet at the grassy area by the falls

ONE TIME ACTIVITIES

- Beckley Full Moon **Walk** - April 1st at 7pm - meet at 3rd Ave. parking lot/MacManus rail trail
- Greenbrier River Trail **Hike** - Tuesday, April 7th at 9am - meet at Hollowell Park lot on GMS Drive
- Mann's Creek (Babcock State Park) **Hike** - Saturday, April 25th at 9am - meet at Hollowell Park lot on GMS Drive (Lewisburg) or see Greenbrier County and Beyond Hiking on Facebook and contact the Community Captain Becky for more information
- Brush Creek Falls **Hike** - Sunday, April 26th at 9am - meet at the parking area/trailhead

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

- Big Branch Trail Wildflower **Hike** - Saturday, April 4th at noon - meet at the trailhead/parking area
- Rend Trail **Hike** - Sunday, April 5th at 3pm - meet at the trailhead/Thurmond side
- Glade Creek Trail Wildflower **Hike** - April 11th at noon - meet at the trailhead (Prince)
- Southside Wildflower **Hike** - April 17th at noon - meet at the trailhead (Cunard)
- Beginner Friendly Kaymoor Trail **Hike** - April 25th at 9am - meet at the trailhead on Fayette Station Rd.
- Sandstone Falls Pups in the Park **Walk** - April 25th at 11am - meet at parking lot at Sandstone Falls (walking dogs from Summers County Humane/no personal dogs)
- Waterstone **Climbing** *pre-registration required - Sunday, April 26th 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.