

WEEKLY PROGRAMS

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Program Schedule!



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MEMBERPLUS
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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 (No play May 6)
- Fayette County **REFIT** - **Mondays and Thursdays at 6pm** - New River Convention Center (Mall Rd., Oak Hill) (exceptions below)
 - May 7th** - shelter near the trail at Burnwood
 - May 11th** - Hawks Nest State Park events center
 - May 21st** - Fayette County Chamber parking lot
- Ansted **Pickleball** - **Fridays at 9am** - Midland Trail Community Center (no play May 8)
- 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
- Beckley **Running Group** - **Tuesdays at 6pm** - Paul Cline Soccer Complex first parking lot
- Little Beaver **Walking Group** - **Saturdays at 9:30am** - 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)
- Sunshine Walkers Mingo County **Walking Group** - **Monday through Friday at 9am** - Delbarton Town Hall
- Valley Falls **Yoga** - **Mondays at 6pm** - meet at the grassy area by the falls

ONE TIME ACTIVITIES

- First Sunday **Hike** at Brush Creek Falls - **Sunday, May 3rd at 2pm** - meet at the main parking area at Brush Creek Falls/Mercer County
- Beckley Full Moon **Walk** - **Sunday, May 3rd at 7pm** - meet at 3rd Ave. parking lot/MacManus rail trail
- Greenbrier State Forest **Hike** - **Monday, May 4th at 1pm** - contact Community Captain for details about meeting
- Lake Stephens **Stand Up Paddle Boarding** - **Saturday, May 9th at 1pm** - meet at the dam/small craft launch
- Highland Scenic Highway Trails **Hike** - **Saturday, May 16th 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
- Lake Stephens **Stand Up Paddle Boarding** - **Sunday, May 17th at 3pm** - meet at the dam/small craft launch
- Lake Stephens **Stand Up Paddle Boarding** - **Saturday, May 31st at 1pm** - meet at the dam/small craft launch

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

- REFIT in the Park** - **Thursday May 7th at 6pm** - shelter nearest the trail at Burnwood
- Sunset Long Point **Hike** - **Friday May 15th at 7:30pm** - meet at the trailhead/parking area
- Grandview Big Buck Trail and Woodland Loop Trail **Hike** - **Saturday May 16th at 10am** - Meet at shelter 2 parking area
- Burnwood Old Growth Forest **Hike** - **Saturday May 30th at 10am** - meet at the trailhead
- Waterstone **Climbing** *pre-registration required - **Sunday, May 31st 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.