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## The Ponderosa LODGE

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- 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) (exceptions below)
  - Monday, June 15<sup>th</sup> at 6pm - Fayette County Chamber parking lot
- Fayetteville **Mountain Bike Rides** Beginner - Mondays at 6pm - Arrowhead Bike Farm
- Ansted **Pickleball** - Fridays at 9am - Midland Trail Community Center
- Ansted **Water Aerobics** - Saturdays and Wednesdays at 10am - Hawks Nest pool
- Ansted **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
  - Saturday, June 13<sup>th</sup> at 6:30pm - An Evening at Kellermans - Lake Stephens Overlook
- Beckley **Running Group** - Tuesdays at 6pm - Paul Cline Soccer Complex first parking lot
- Beckley Area Trails **Bike Rides** - Tuesdays at 5:45pm - location TBA
- Little Beaver **Walking Group** - Saturdays at 9:30am - 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
- Charleston - WV Pedal Pals **Bike Rides** - locations and dates/times TBA
- 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/Thursdays at 5:45pm - Salmon Run, first gravel parking lot on the road to Salmon Run
- 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

- Active SWV/Pipestem State Park Partnership **Bluestone Turnpike Hike** - Saturday, June 6<sup>th</sup> at 9am - meet at the Canyon Rim Tram station at the park
- First Sunday **Hike** at Carnifex Ferry Battlefield State Park - Sunday, June 7<sup>th</sup> at 2pm - meet at the parking lot in the back of the park where the playground, monument, and overlook are
- Beckley Full Moon **Walk** - Friday, June 5<sup>th</sup> at 7pm - meet at 3<sup>rd</sup> Ave. parking lot/MacManus rail trail
- Meadow River Rail Trail **Hike** - Friday, June 12<sup>th</sup> at 1:00 pm - 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
- Needleseye Park **Hike** - Friday June 12<sup>th</sup> at 6pm - meet at the parking area/trailhead (Needleseye Park Oak Hill)
- Pilates in the Amphitheater - Saturday June 13<sup>th</sup> at 10:30am - Lively Family Amphitheater/Oak Hill
- Meadow River Trail **Hike** - Monday, June 15<sup>th</sup> at 6pm - Rainelle trailhead /Snake Island
- Lake Stephens **Stand Up Paddle Boarding** \*pre-registration required - Saturday, June 13<sup>th</sup> at 3pm - meet at the dam/small craft launch
- Adventure Fayette County Water Days **SUP or Kayak experience** \*pre-registration required - Tuesday, June 16<sup>th</sup> at 5:30pm - Fayette County Park at the big pond
- Lake Stephens **Stand Up Paddle Boarding** \*pre-registration required - Wednesday, June 17<sup>th</sup> at 5:30pm - meet at the dam/small craft launch
- Adventure and Picnic on the Allegheny Trail **Hike** - Saturday, June 20<sup>th</sup> at 9am - see Greenbrier County and Beyond Hiking on Facebook and contact the Community Captain Becky for more information
- Lake Stephens **Stand Up Paddle Boarding** \*pre-registration required - Saturday, June 20<sup>th</sup> at 3pm - meet at the dam/small craft launch
- Oak Hill Rail Trail **Bike Ride** - Friday June 26<sup>th</sup> at 7pm - meet at the train depot (byobike and helmet)
- Waterstone **Climbing** \*pre-registration required - Sunday, June 28<sup>th</sup> at 4pm - meet at Waterstone Outdoors/Fayetteville

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

- Fayetteville Arrowhead Trail **Beginner Bike Ride BYOBike** - Saturday, June 20<sup>th</sup> at 9:30am - meet at the Arrowhead trailhead/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.