

Track all events & changes on activeswv.org/calendar

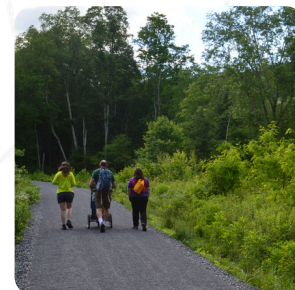
Thank you to our
July sponsor!

Highland

OUTDOORS

West Virginia's Outdoor Magazine

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



Get your
FREE
Membership
Today!!



- 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 July 27th at Fayetteville Soldiers and Sailors Memorial Building
 - Thursday July 30th at SALS in Oak Hill
- 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
- 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
- Shady Spring **Functional Flow Class** - Saturdays 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 at noon and Wednesdays at 9am - 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

- Lake Stephens **Stand Up Paddle Boarding** *pre-registration required - meet at the dam/small craft launch area
 - Thursday, July 9th at 6pm
 - Saturday, July 11th at 4pm
 - Sunday, July 12th at 4pm
 - Saturday, July 25th at 10am
 - Sunday, July 26th at 4pm
- Beckley Area Trails **Hikes** - Thursdays -
 - July 2nd at 6pm - Piney Bluff Trail Hike - meet at the first parking lot at the YMCA Paul Cline soccer complex
 - July 9th at 6pm - Wildwood Trail Hike - meet at the Piney Creek Preserve, Wildwood Trail parking area
 - July 16th at 6pm - Waterfalls and Overlook Trail Hike - meet at the Piney Creek Preserve, waterfalls parking area
 - July 23rd at 6pm - Rhododendron Run Trail Hike - meet at Little Beaver State Park at the second Rhododendron Run trailhead (wooded parking area)
- First Sunday **Hike** at Carnifex Ferry Battlefield State Park - Sunday, July 5th at 2pm - meet at the parking lot in the back of the park where the playground, monument, and overlook are
- Beckley Area Trails **Beginner Friendly Biking** - Mondays and Tuesdays -Bring Your Own Bike
 - July 6th at 6pm - Beginner Friendly Ride on the MacManus Rail Trail - meet at the 3rd Ave. parking area
 - July 13th at 6pm - Grey Flats North Ride - meet at the first parking lot at the YMCA Paul Cline soccer complex
 - July 20th at 6pm - Beginner Friendly Ride at Needleseye Park - meet at the parking area at Needleseye Park, Oak Hill
 - Tuesdays at 5:45pm - locations TBA
- Pilates** in the Amphitheater - TBA - Lively Family Amphitheater/Oak Hill
- Lake Sherwood **Hike** - Thursday, July 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
- Babcock Mann's Creek Gorge **Hike** - Saturday, July 25th at 9am - see Greenbrier County and Beyond Hiking on Facebook and contact the Community Captain Becky for more information
- Adventure Fayette County Water Days **SUP or Kayak experience** *pre-registration required - Tuesday, July 21st at 5:30pm - Fayette County Park at the big pond
- Summersville Lake **Climbing** *pre-registration required - Saturday, July 25th at 9am - meet at Summersville Lake State Park Climbers' Parking area
- Beginner Friendly **Women's Ride** - Tuesday, July 28th at 5:30pm - Wolf Creek Trails meet at the T intersection parking lot
- Beckley **Full Moon Walk** - Thursday, July 30th at 7:30pm - meet at 3rd Ave. parking lot/MacManus rail trail

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

- Waterstone **Climbing** *pre-registration required - Sunday, July 19th at 4pm - meet at Waterstone Outdoors/Fayetteville
- Thurmond **Stand Up Paddleboarding** - Wednesday July 22nd at 1pm - meet at Dun Glen day use area
- Thurmond **Stand Up Paddleboarding** - Wednesday July 29th at 6pm - meet at Dun Glen day use 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.