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August sponsor!

**Academy**  
SPORTS+OUTDOORS

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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 - Arrowhead Bike Farm
- 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)
- 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 - 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 5:30-6:30pm - Diana Community Center
  - Rev and Flow - Mondays from 5:30pm-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 5:30pm - 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
  - Sunday, Aug. 2<sup>nd</sup> at 4pm
  - Saturday, Aug. 8<sup>th</sup> at 10am
  - Saturday, Aug. 15<sup>th</sup> at 3pm
  - Sunday, Aug. 16<sup>th</sup> at 4pm
  - Sunday, Aug. 23<sup>rd</sup> at 10am
- Beckley Area Trails **Hike** - Thursday, Aug 6<sup>th</sup> at 4:30pm - 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, Aug. 2<sup>nd</sup> 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** - Bring Your Own Bike
  - Sunday, Aug. 2<sup>nd</sup> at noon - Beginner Friendly Ride on the MacManus Rail Trail - meet at Elevation Sports, bikes available to use/pre-registration required to use a bike
  - Monday, Aug. 3<sup>rd</sup> at 6:30pm - meet at Stanaford Grove Trailhead
  - Monday, Aug. 10<sup>th</sup> at 6:30pm - Grey Flats North Ride - meet at the first parking lot at the YMCA Paul Cline soccer complex
  - Tuesday Aug. 11<sup>th</sup> at noon - Rail Trail ride/skills park - meet at Elevation Sports (collaboration with Beckley Area Trails and local Outlaws youth biking team)
  - Saturday Aug. 22<sup>nd</sup> at 3pm - Share Your Trail - meet at Elevation Sports
  - Tuesdays at 5:45pm - locations TBA
- Pilates** in the Amphitheater - Saturday, Aug. 8<sup>th</sup> at 10:30am - Lively Family Amphitheater/Oak Hill
- Swimming Holes of WV **Hike** - Monday, Aug. 10<sup>th</sup> at 11am - 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** - Saturday, Aug. 15<sup>th</sup> at 6pm - meet in the gravel parking area
- Piney Bluff Trail **Hike with a Provider** from ARH - Wednesday, Aug. 26<sup>th</sup> at 3pm - meet at the first parking lot at the YMCA Paul Cline soccer complex
- White Oak Rail Trail Family **Bike Ride** - Friday, Aug. 28<sup>th</sup> at 7pm - meet at the depot

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

- Fayetteville **Climbing** \*pre-registration required - Sunday, Aug. 23<sup>rd</sup> 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.