

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

Thank you to our
September sponsor!



WHITECAP WASTE

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



- 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 at 10am through Sept. 12th** - Hawks Nest pool
- 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** - **Thursdays 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
- 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 5:15pm, Wednesdays 5pm, Thursdays at 5:15pm** - check Summersville Running Group FB page for details about locations by evening/weather
- Summersville **Pickleball** - **Mondays and Wednesdays at 9am** - Old Main Building Gym in Summersville
- Summersville **REFIT** - **Mondays at 6:30pm** - Summersville City Building Teen Center
- Summersville **Tai Chi for Arthritis** - **Fridays at 10am** - Make Time/fka Glade Creek Baptist Church, Circle Drive
- 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

Get your
FREE
Membership
Today!!



- Lake Stephens **Stand Up Paddle Boarding** *pre-registration required - meet at the dam/small craft launch area
 - Sunday, Sept. 13th at 10am**
 - Saturday, Sept. 19th at 10am**
 - Sunday, Sept. 20th at 3pm**
- Beckley Area Trails **Beginner Friendly Biking** - Bring Your Own Bike
 - Sept 1st at 5:45pm** - Grey Flats ride, meet at the Paul Cline soccer complex first parking lot
 - Sept 8th at 5:45 pm** - Wolf Creek ride - meet in the parking area
 - Sept. 15th at 5:45pm** - Needleseye ride - meet in the parking area
 - Sept. 22nd at 5:45pm** - Stanaford Grove ride - meet in the parking area
 - Sept 29th at 5:45pm** - TBA
- Beckley **Full Moon Walk** - **Sunday, Sept. 27th at 7:30pm** - MacManus Rail Trail, meet at the 3rd Ave. parking area/art park
- Pilates** in the Amphitheater - **Saturday, Sept. 12th at 10:30am** - Lively Family Amphitheater/Oak Hill
- Lake Stephens **Pilates** - **Sunday, Sept. 13th at 2pm** - Lake Stephens Overlook
- Rainelle Meadow River Rail Trail Bike **Ride** - **Saturday, Sept. 12th at 10am** - meet at Snake Island trailhead
- Greenbrier State Forest **Hike** - **Saturday, Sept. 12th at 10am** - meet at the Visitor's Center parking lot
- Watoga State Park Arboretum **Hike** - **Monday, Sept. 21st at 9am** - meet at Hollowell Park parking lot on GMS Drive

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

- Fayetteville **Climbing** *pre-registration required - **Sunday, Sept. 13th 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.