

WEEKLY PROGRAMS

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Thank you to our
October sponsor!



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months Program Schedule!

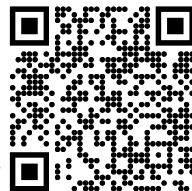


- Fayetteville/Oak Hill **High Fitness** - **Tuesdays at 9am** - SALS (Oak Hill)
 - Thursdays at 9am** - Soldiers and Sailors Memorial Building (Fayetteville)
- Fayetteville **Run Group** - **Thursdays at 6pm** - Arrowhead Bike Farm
- Fayetteville **Pickleball** - **Wednesdays from 5-7pm** - Gripped Fitness
- Fayette County **REFIT** - **Mondays and Thursdays at 6pm** - New River Convention Center (Mall Rd., Oak Hill)
- Ansted **Pickleball** - **Fridays at 9am** - Midland Trail Community Center
- 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 TBA** - 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
- Rainelle Meadow River Rail Trail **Bike Ride** - **Saturdays, Oct. 3rd, 17th, and 31st at 10am** - meet at Snake Island trailhead
- 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
- Craigsville **Walking Group** - **Tuesdays and Thursdays at 12:45pm** - St. Lukes United Methodist Church Activity Center
- 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

ONE TIME ACTIVITIES

- WV Pedal Pals FestivFALL Public Art **Bike Tour** - **Saturday, Oct. 3rd at 11:30am** - meet at the Lee Street Triangle
- NRG Bikefest **Group Rides and Skills Lessons** - **Saturday, Oct. 3rd 10am - 10pm** - Ace Adventure in Oak Hill/at the pavilion
- Beckley Area Trails **Beginner Friendly Biking** - Bring Your Own Bike
 - Oct. 6th at 5:45pm** - Grey Flats ride, meet at the Paul Cline soccer complex first parking lot
 - Oct. 13th at 5:45 pm** - Wolf Creek ride - meet in the parking area
 - Oct. 20th at 5:45pm** - Needleseye ride - meet in the parking area
 - Oct. 27th at 5:45pm** - Stanaford Grove ride - meet in the parking area
- Hawks Nest Rail Trail **Hike** - **Sunday, Oct. 18th at 10am** - meet at the parking area by the trail
- Beckley **Full Moon Walk** - **Monday, Oct 26th at 6:15pm** - MacManus Rail Trail, meet at the 3rd Ave. parking area/art park
- Pilates** in the Amphitheater - **Saturday, Oct. 10th at 10:30am** - Lively Family Amphitheater/Oak Hill
- Gauley Mountain Loop Trail **Hike** - **Saturday, Oct. 3rd at 8am** - meet at the Hollowell Park parking lot on GMS Drive
- Babcock State Park Lakeview Trail **Hike** - **Monday, Oct. 19th at 9am** - meet at Hollowell Park parking lot on GMS Drive

Get your
FREE
Membership
Today!!



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

- Sandstone Bird Focused **Hike** - **Saturday, Oct. 10th at 9am** - meet at the parking lot at Sandstone Falls Boardwalk
- Glade Creek Trail **Hike** - **Sunday, Oct. 25th at 11am** - meet at the trailhead/Prince side
- Fayetteville **Climbing** *pre-registration required - **Sunday, Oct 18th 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.