ACTIVE SOUTHERN WEST VIRGINIA

November 2026

COMMUNITY CAPTAIN PROGRAM SCHEDULE

FREE PHYSICAL ACTIVITIES FOR ALL AGES

WEEKLY PROGRAMS

Track all events & changes on activeswv.org/calendar

- 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 – park in town, meet in Pies & Pints parking lot
- 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 Gym
  - **Rev and Flow** – Tuesdays at 5:45pm – Dry Hill Community Center
  - Tuesdays at 6:30pm – Central Head Start Gym
  - Thursdays at 6pm – New River Community and Technical College rotunda
  - **Joy Jam** – Saturday, Nov. 28th at 9am – Central Headstart Gym
- 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
- Rainelle Meadow River Rail Trail **Bike Ride** – Fridays Nov. 13th and 27th, 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 *** (no run group Nov. 19-26)
- 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 11am – 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

- Blue Knob **Hike** – Saturday Nov, 7th at 9am – meet at Hollowell park in Lewisburg
- Brush Creek Preserve **Hike** with ASWV and The Nature Conservancy – Sunday, Nov. 8th at 2pm – meet at the trailhead
- Beckley Area Trails **Beginner Friendly Biking** – Bring Your Own Bike and helmet
  - Nov. 3rd at 4:45pm – Grey Flats ride, meet at the Paul Cline soccer complex first parking lot
  - Nov. 10th at 4:45 pm – Wolf Creek ride – meet in the parking area
  - Nov. 17th at 4:45pm – Needleseye ride – meet in the parking area
  - Nov. 24th at 4:45pm – Stanaford Grove ride – meet in the parking area
- New River Park Loop Trail **Hike** – Thursday, Nov. 19th at 4:30pm – meet in the big parking lot for New River Pool

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

- Fayetteville **Climbing *pre-registration required** – Sunday Nov. 8th at 2pm – meet at Waterstone Outdoors/Fayetteville
- Kaymoor Trail **Hike** – Saturday, Nov. 14th at 1pm – meet at the trailhead from Fayette Station Rd
- Endless Wall Trail **Hike** – Tuesday, Nov. 17th at 9am – meet at Hollowell Park in Lewisburg (if meeting at the trail, please contact the hike leader in Greenbrier County and Beyond Facebook group page)
- Grandview Rim Trail **Hike** – Saturday, Nov. 21st at 1pm – meet at Grandview Visitor's Center on the steps

Sponsors wanted

Imagine your logo here!
Email jenni@activeswv.com for sponsorship information

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





Get your FREE Membership Today!!

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.