

## Free Community Programs

- Scarbro **Gentle Yoga** - Tuesdays 5:30pm (no class 3rd week of month) - NRH Robinson Annex
- Fayetteville **Pickleball** - Tuesdays 8:30am - Memorial Building
- Pax **Pickleball** - Thursdays 5-6pm - Pax Community Center
- Pax **Basketball** - Thursdays 6-8pm - Pax Community Center
- Oak Hill Sunset **Yoga** - Wednesdays 5:15pm - ACE Adventure Resort
- Oak Hill **Water Aerobics** - Tuesdays and Thursdays 10am - Holiday Lodge Hotel Indoor Pool
- Upper Kanawha Valley **Walking Group** - Mon 5:30pm/Thurs 10 am - Montgomery YMCA
- Maxwell Hill **REFIT** Group Fitness - Fridays 9am - Maxwell Hill Community Center
- Midland Trail Fitness **Boot Camp** - Mondays 3pm - Midland Trail HS Main Entrance
- Beckley **REFIT** Group Fitness - Mon/Tues/Thurs 6pm - Central Headstart
- Prosperity **REFIT** Group Fitness - Saturdays 9:30am - Faith Baptist Church
- Fayetteville **High Fitness** - Thursdays 9am (no class Oct. 3rd) - Memorial Building
- Gauley Bridge **Walking Group** - Monday - Friday 7am - Gauley Bridge Community Center
- Fayetteville **Running Group** - Wednesdays 6:15 pm - Arrowhead Bike Farm
- Hinton 6 Week **Walking Group** - Every Wednesday 6pm through October 16th - Memorial Building
- Beckley **Hiking** Series - 6 weeks starting Tuesday September 24th 6pm - YMCA Trails Piney Creek
- Beckley **Hike** - October 9th 4pm - YMCA Trails Piney Creek
- Beckley **Hikes** - October 10th and 16th 8am - YMCA Trails Piney Creek
- Beckley Full Moon **Bike/Walk** - Sunday October 13th 8pm - McManus Trail
- Nallen Rail Trail **Bike/Walk** - Sunday October 13th 9am - Meadow River Rail Trail
- Beckley **REFIT** As Seen on TV Event - Sunday October 20th 4pm - Woodow Wilson HS
- Beckley **Walk** with the Mayor - October 16th at 5pm - Ward 3 Beckley Board of Public Works
- Oak Hill Mark Lilly Memorial **Bike** Event - Saturday October 26th 9:30am - Oak Hill High School
- Oak Hill Meet Me at the Park **Walk** and Event - Sunday October 20th - Russell E Mathews Park



## Free State Park Tour Programs

- Ansted **Chair Fitness** - Thursdays 6pm - Hawks Nest State Park
- Ansted Trail Blazers **Walking** Group - 1st and 3rd Tuesday every month 6pm - Hawks Nest Rail Trail
- Ansted **Hike** - Saturday October 12th 4:30pm - Cliff Side Trail Hawks Nest State Park
- Daniels **Hike** - Sunday October 27th Time 5pm - Little Beaver State Park



## Free Get Active in the Park Programs

- Cunard **Hike** - Sunday October 6th 3pm - Brooklyn Mine Trail
- Gatewood **Hike** - Sunday October 6th 10am - Long Point Trail
- Kaymoor **Hike** - Monday October 7th 9am - Kaymoor Top
- Gatewood **Mountain Bike** - Tuesday October 8th 5:30pm - Arrowhead Trails
- Stone Cliff Tree Measuring **Hike** - Saturday October 12th 10am - Stone Cliff Trail
- Gatewood **Hike** - Monday October 14th - Craig Branch Trail/Arrowhead Trails
- Prince **Hike** - Sunday October 20th 10am - Glade Creek Trail
- Kaymoor **Hike** - Monday October 21st 9am - Butcher's Branch Trail/Kaymoor Top
- Thurmond **Bike** - Tuesday October 29th 9am - Rend Trail Trailhead

Reservations Required:  
getactiveinthepark@gmail.com



The Active SWV Bridge Day 5K Run is Saturday October 19th. Register today at <https://activeswv.org/racerinfo/> to join the only running race across the New River Gorge bridge!

[activeswv.org/events](https://activeswv.org/events) [facebook.com/pg/ActiveSWV/events](https://facebook.com/pg/ActiveSWV/events) 304-254-8488

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.

