

Free Physical Activities in Nicholas County



► Craigsville Walking Group

- What: Walk a mile or more, indoors with the group
- When: Every Tuesday and Thursday at 1:00pm
- Where: St. Luke's United Methodist Church in Craigsville, WV

For more information, visit our website calendar:
 •ActiveWV.org
 •Active Southern West Virginia Bulletin Board Facebook group.
 •Email becka@activeswv.com or call (304) 254-8488.



January 2017



Free Physical Activities in Raleigh County

Bradley/Prosperity Morning Mile-

Date & Time: Every Saturday, at 10am
 Location: Dry-Hill Prosperity Park
 Alternative location for bad weather is the Crossroads Mall

Library Fitness-

Date & Time: Wednesday, January 4th, at 5:30pm
 Location: Raleigh County Library, Community Room

Ask A Coach (Facebook Group)

Every Sunday Community Captain, Missy Burleson, will be available to answer your questions about running and sticking with your resolution, go to [the Facebook Active Southern West Virginia Bulletin Board](#) to have your questions answered.



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January 2017



Free Physical Activities in Summers County



Hinton Walking Group

- What: Join this free weekly walking group
- When: Every Saturday at 10am.
- Where: The group meets at Otter and Oak in downtown Hinton.

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January 2017

Free Physical Activities in Fayette County



January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oak Hill Rail Trail Walking and Running Group Meet at the Orange Produce Building on the White Oak Rail Trail. 5:00PM	Resolution Boot-Camp Meet at Ansted Middle School Gym. 3:00PM Gentle Yoga Meet at the Robinson Annex @ New River Health, Whipple Site. 5:30PM		Resolution Boot-Camp Meet at Ansted Middle School Gym. 3:00PM Tai Chi 12 WK Meet at Sals Historic Oak Hill School. 5:30PM		Trail to a New You, Walking Group Meet at Memory Garden in Victor. 12:00PM	New River Humane Society Dog Walking Group Meet at Fayette County Animal Control 6:15PM

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