

# Exercise in the Park

**June 3<sup>rd</sup> –  
September 16<sup>th</sup>**  
*Every Tuesday and  
Saturday*

Buena Vista Park  
W 12<sup>th</sup> St. Newport, KY

**Join us for a free workout in the  
park! All fitness levels welcome**

Tuesdays- 6pm-7pm

Saturdays- 10am-11am

\*Please arrive 5-10 minutes early to sign in

**All you need to bring  
is water, a mat or  
large towel, and a  
friend!**



## Monthly Schedule

1<sup>st</sup> Saturday- Yoga Bar

2<sup>nd</sup> Saturday- Train with  
Paur

3<sup>rd</sup> Saturday- Change Yoga

4<sup>th</sup> Saturday- NewCov  
Crossfit

Every Tuesday- Campbell  
County YMCA

Follow

**#ExercisinginBVPark**  
on Facebook for  
updates about  
cancellations and  
what's coming up!

Visit [www.livewellnky.org](http://www.livewellnky.org) for more  
info on healthy living in Northern  
Kentucky



change yoga

