

Blue Cross and Blue Shield of Montana

Helena Parkfit Community Workout

Join us for a fun-filled outdoor workout
at a park near you!

Tuesdays at 12:10 (40 minute workouts)

August 3	Hill Park – 561 N. Park Ave.
August 10	Heritage Park – 140 N. Park Ave.
August 17	Women's Park – 575 Fuller Ave.
August 24	Lockey Park – 1700 E. Broadway
August 31	Memorial Park – 1203 N. Last Chance Gulch

FREE – Open to the public

Sponsored by: Blue Cross and Blue Shield of Montana and the City of Helena
For more information contact: Anneliese Smith 437-6219



City of Helena

Registered marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. LIVE SMART. LIVE HEALTHY. is a registered mark of Blue Cross and Blue Shield of Montana, an independent licensee of the Blue Cross and Blue Shield Association.