Fitness

**KW Crossfit**  
https://kw-crossfit.com/getting-started/

**Planet Fitness**  
https://www.planetfitness.com/gyms/alexandria-ky#amenities

**FitWorks**  
https://www.asfint.com/onlineconnect/scheduler/index/3123

**Newport Fitness**  
https://www.newport-fitness.com/

**Crunch Fitness**  
https://www.crunch.com/locations/newport

**Queen City CrossFit**  
https://www.queencitycrossfit.com/

**Sage Yoga Hot**  
https://www.sageyogahot.com/

**The Yoga Bar**  
https://www.theyogabars.com/

**Orange Theory Fitness**  

Healthy Food

**Press**  
https://pressonmonmouthnky.com/

**Butler’s Pantry Café**  
https://www.butlerspantrymarket.com/cafe/

**Conscious Kitchen**  
https://consciouskitchen513.com/

**The Whole Bowl**  
http://www.thewholebowl.com/cincinnati.html#menu

**Melt Revival**  
https://meltrevival.com/

**Maplewood Kitchen**  
https://www.maplewoodkitchenandbar.com/

**ESSEN Kitchen**  
https://www.essenkitchen.com/

**Forty Thieves**  
http://fortythievesgang.com/

**Poke Hut**  
https://www.pokehutusa.com/

**Better Blend**  
https://www.betterblendnutrition.com/

**Sleepy Bee Café**  
https://www.sleepybeecafe.com/

**Good Plates Eatery**  
https://goodplateseatery.com/

**Findlay Market**  
https://www.findlaymarket.org/

**Fred & Gari’s**  
Located Downtown Cincinnati; no website

Parks

**Ault Park**  
https://www.aultparkac.org/

**Eden Park**  
https://www.cincinnatiparks.com/central/eden-park/

**Smale/Riverfront Park**  
https://www.cincinnatiparks.com/river-parks/smale-riverfront-park/
Cincinnati Zoo  http://cincinnatizoo.org/
Bruening Park (Cincinnati)  https://www.cincinnatiparks.com/
Washington Park  https://washingtonpark.org/
Riddleview Park (Newport)  http://www.newportky.gov/City-Government/Parks-and-Recreation.apx
Fredericks Landing Park (Wilder)  https://wilderky.gov/parks-recreation/

Spiritual Centers
Crossroads Church  https://www.crossroads.net/oakley
Covenant First Presbyterian Church  https://www.covfirstchurch.org/
St. Cecilia Church  https://stceciliacincinnati.org/
St. Joseph Church  https://www.stjosephcrescent.com/
First Baptist Church  https://fbchighlandheights.com/
Wise Temple  https://www.wisetemple.org/