

Take a Tour Try the Y FREE 7-DAY GUEST PASS

- ✓ Build lean muscle on our strength training equipment
- ✓ Get a no-impact workout in the pool
- ✓ Raise your heart rate in our Cardio Theater
- ✓ Bring the kids & have fun together!

Valid for first time free trial participants at the Tri-Cities Family YMCA. One coupon per household. Must be 18 or over for free trial.
Bring this coupon in for a FREE Tour & 7-Day Guest Pass.



Tri-Cities Family YMCA
1 Y Drive, Grand Haven, MI 49417
616.842.7051

Celebrate your health by trying the Y. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the YMCA knows that for communities to succeed, everyone must be given the chance to be healthy, confident, connected and secure.

That's why we want you to **Take a Tour & Try the Y for FREE!**