

TRI-CITIES FAMILY YMCA

# CrossFit



## NOW WELCOMING NEW MEMBERS!

**Sign-up for YMCA membership and monthly CrossFit  
& we will waive your joining fee!**

**Valid February 15 – March 15**

***(with two month minimum scheduled auto-draft)***

### CrossFit PRICES FOR Y MEMBERS:

Cost is \$55 per month, via bankdraft. Couples or families with multiple individuals wishing to participate, \$55 for the first individual, \$50 for each additional member.

Nonmembers interested in participating in CrossFit must secure a YMCA membership. (The cost for an adult membership is \$68 per month. We also offer membership rates for families, couples, young adults and seniors. Please visit our website for complete list of membership fees.) Please remember that the YMCA has community membership pricing available for those who qualify. See the Welcome Center for more details.



**We are MORE than just a BOX! Take advantage of your membership... go for a swim, bring the kids, shoot some hoops and enjoy unlimited access to our weight room and cardio studio.**

### OFFERING 23 CLASSES PER WEEK!

MON	TUES	WED	THURS	FRI	SAT
5:45- 6:45	5:45- 6:45	5:45- 6:45	5:45- 6:45	5:45- 6:45	
9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	8:30 - 9:30
11:45-12:30	11:45-12:30	11:45-12:30	11:45-12:30	11:45-12:30	
	5:30 - 6:30		5:30 - 6:30	5:30 - 6:30	
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00		

**Interested in trying a class?  
Call for more information!**

**616-842-7051**



**TRI-CITIES FAMILY YMCA 1 Y DRIVE, GRAND HAVEN**

**WWW.TCFYMCA.ORG**