



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COME SEE Y! COMMUNITY OPEN HOUSE

WEDNESDAY, SEPTEMBER 26, 2018

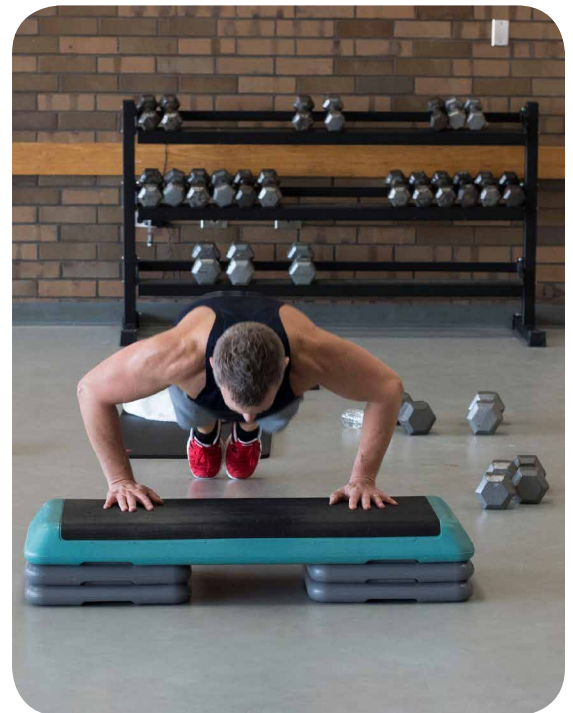
Come and experience some of what the Y has to offer to you and your family! Bring a friend and try something new:

6:00 - 6:45 am	Indoor Cycling
8:00 - 8:50 am	Powerflex
9:15 - 9:50 am	High Impact Interval Training (HIIT)
4:45 - 5:20 pm	High Impact Interval Training (HIIT)
6:30 - 7:30 pm	Fitness Yoga

CHECK OUT ALL OF OUR FITNESS CLASSES AT [TCFYMCA.ORG](http://TCFYMCA.ORG)

10:30 am - 12:30 pm	Open Jungle Gym *for children 6 and under, with an adult
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JOIN US FOR COMPLIMENTARY FITNESS CLASSES, HEALTHY SNACKS, TOURS, AND GIVEAWAYS!



**MEMBERSHIP SPECIAL  
NO JOINING FEE!**

Valid through September 30, 2018

TRI-CITIES FAMILY YMCA | 1 Y DRIVE | GRAND HAVEN MI 49417 | 616.842.7051 | [TCFYMCA.ORG](http://TCFYMCA.ORG)