



GREAT OPPORTUNITIES FOR OUR SOCIAL
REC MEMBERS! OPEN TO ALL MEMBERS!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE & CONNECT

» AUGUST & SEPTEMBER 2026 FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY (1-2 PM)	
AUGUST	SEPTEMBER
WEDNESDAY, AUGUST 5: CARDIO KICKBOXING MPR	WEDNESDAY, SEPTEMBER 2: CARDIO KICKBOXING MPR
FRIDAY, AUGUST 7: BINGO MPR	FRIDAY, SEPTEMBER 5: BINGO MPR
WEDNESDAY, AUGUST 12: CHAIR STRENGTH MPR	WEDNESDAY, SEPTEMBER 9: CHAIR STRENGTH MPR
FRIDAY, AUGUST 14: BINGO MPR	FRIDAY, SEPTEMBER 11: BINGO MPR
WEDNESDAY, AUGUST 19: YOGA MPR	WEDNESDAY, SEPTEMBER 16: YOGA MPR
FRIDAY, AUGUST 21: BINGO MPR	FRIDAY, SEPTEMBER 18: BINGO MPR
WEDNESDAY, AUGUST 26: STRETCH, WALK & TALK CARDIO/TRACK	WEDNESDAY, SEPTEMBER 23: KICKBALL WEST GYM
FRIDAY, AUGUST 28: BINGO MPR	FRIDAY, SEPTEMBER 25: BINGO MPR
	WEDNESDAY, SEPTEMBER 30: PICKLEBALL & CHAIR STRENGTH

Tri-Cities Family YMCA

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