



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

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOCIAL SCHEDULE

» JULY 2026

FREE to members!

## WELLNESS WEDNESDAY & FUN FRIDAY (1-2 PM)

WEDNESDAY, JULY 1:  
CHAIR STRENGTH | MPR

FRIDAY, JULY 3:  
NO SCHEDULED ACTIVITY | HAPPY 4TH OF JULY WEEKEND!

WEDNESDAY, JULY 8:  
BEGINNER YOGA | MPR

FRIDAY, JULY 10:  
BINGO | MPR

WEDNESDAY, JULY 15:  
LOW IMPACT CARDIO KICKBOXING | MPR

FRIDAY, JULY 17:  
NINJA | Stay tuned for more details on location

WEDNESDAY, JULY 22:  
KICKBALL | WEST GYM OR OUTSIDE (weather dependent)

FRIDAY, JULY 24:  
NO SCHEDULED ACTIVITY | COAST CITY USA RUN WEEKEND!

FRIDAY, JULY 24:  
NO SCHEDULED ACTIVITY | COAST CITY USA RUN WEEKEND!

WEDNESDAY, JULY 29:  
NO SCHEDULED ACTIVITY | COAST GUARD FESTIVAL WEEK!

FRIDAY, JULY 31:  
NO SCHEDULED ACTIVITY | COAST GUARD FESTIVAL WEEK!

Tri-Cities Family YMCA

1 Y Drive, Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org