



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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCIAL SCHEDULE

» MAY 2026

FREE to members!

WELLNESS WEDNESDAY & FUN FRIDAY (1-2 PM)

WEDNESDAY, MAY 6:
YOGA | MPR

FRIDAY, MAY 8:
FITNESS BINGO | MPR

WEDNESDAY, MAY 13:
CHAIR STRENGTH | MPR

FRIDAY, MAY 15:
KICK-BALL | WEST GYM OR OUTSIDE (weather dependent)

WEDNESDAY, MAY 20:
SWIMMING | POOL

FRIDAY, MAY 22:
NO CLASSES!

WEDNESDAY, MAY 27:
CIRCUIT TRAINING | MPR

FRIDAY, MAY 29:
CREATIVE COLLAGES | MPR

Tri-Cities Family YMCA

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