



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FAMILY FUN FITNESS AND FOOD

**SATURDAY, JUNE 15
10:00AM - 1:30PM**

Kick off your summer with valuable information about family fitness, nutritious eating and healthy lifestyles. We encourage parents to join their kids and be physically active together. Being healthy can be fun! Come learn how and participate in Fun Family Fitness!

Crafts, swimming, yoga, zumba, healthy snacks, cooking demos, fitness challenges, 2-on-2 basketball tourney, family fitness challenges, and more!

Y-Member: \$30 per family
Prospective Member: \$40 per family
or \$10 for 1 adult and 1 child

DOW BAY AREA FAMILY Y
225 Washington Ave.
Bay City, MI 48708
989 895 8596
www.ymcabaycity.org

If you wish to sponsor a family, please contact Jill Peterson, Community Wellness Program Coordinator, at jpeterson@ymcabay.org.



WE'RE HERE FOR THE BETTER.