



JULY

UPCOMING EVENTS AT THE Y

VALPARAISO FAMILY YMCA
 1201 Cumberland Crossing Dr
 Valparaiso, IN 46383

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Downtown Fitness WERQ w/ Melissa 5:30PM - 6:15PM	4 INDEPENDENCE DAY YMCA will be closed 4th of July Family Fun Night YMCA Pavilion 5:00 PM - 10:00 PM	5	6
7	8 Downtown Fitness Dance Fitness W/ Cathy 12:00PM - 12:45PM	9 Gather & Grow Community Room 11:30 AM - 12:30 PM Mobile Market YMCA Pavilion 1:00 PM - 3:00 PM	10	11	12	13
14	15 GOLF OUTING Valparaiso Country Club Downtown Fitness WERQ w/ Melissa 12:00PM - 12:45PM	16 Cooking Classes Zucchini Boats FUMC Kitchen 10:00 AM - 11:30 AM 4:30 PM - 6:00 PM	17 Downtown Fitness Zumba w/ Patricia 5:30PM - 6:15PM	18	19	20
21	22	23	24 Legend of Starved Rock Day Trip \$110 for Members \$120 for Non-members 7:30 AM - 4:15 PM	25	26	27
28	29	30	31			