

SUMMER SERIES



Summer Class/Event Schedule TACOMA CENTER YMCA

Mobility Training Workshop | June 22 | 9:30-10:30am

Yin Yoga + Tapping | June 22 | 10:45am-12:15pm

Intro to Hiking Workshop | June 26 | 5:30-6:30pm

Dune Peninsula Runs | June 28, July 12, 26, August 9 | 12-1pm

Stadium Bowl Unleashed Stair Climb Session | July 6, 13, 20, 27 |
7-10am

Group Hike - Franklin Falls | July 19 | 9am

Group Hike - Little Si | August 2 | 9am

Group Hike - Tolmie Pak Lookout | August 16 | 9 am

Yin Yoga + Tapping | August 24 | 10:45am-12:15pm

Group Hike - Skyline Loop | August 30 | 9 am



CONTACT

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