



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

# **CAN FOR A CLASS**

## **NOVEMBER 1-30**

### **Can for a Class LE MARS YMCA**

**During the month of November, both Members and Non-Members are invited to Can for a Class. Bring 1 non-perishable food item and take 1 group fitness class for FREE. You can do this as many times as you would like! Members can try Zumba® and not pay the \$1 member fee. Or bring a friend to try a class for free. Boot Camp, Barre Connect and Mommy & Me Water Fitness are the only classes excluded. Food items will be donated to a local food bank.**



**The Le Mars YMCA is a not-for-profit, cause-driven charitable organization.**