

challenge yourself

2 Hour Fitness Jam Aerob-a-thon

* Featuring IFTA Certified Master Trainer-Brian Guzman

- Saturday, December 5th
- Katherine White Harvey Branch
- Registration begins at 8:30 a.m.
- Fee: \$10.00
- Aerob-a-thon begins at 9:00 a.m.

Receive a t-shirt/Door Prizes



Featuring:

Cardio "Y" Drumming
"Y" Med Ball – Leo
Turbo-Kick – Leo
Fit Camp – Brian
Power "Y" Step – George
Salsa – Arlow

Sign up today!

Katherine White Harvey Branch
313 Bartlett Drive
584-4007

Name: _____

Address: _____

Phone: _____

Email: _____

T-shirt size: _____

eliminating racism
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El Paso Del Norte Region

craft fair holiday shopping made easy

Looking for that one special gift?

The YWCA will be hosting a holiday fair.

Buy Jewelry, handbags, candles, ceramics and so much more!

Saturday, Dec. 5th

8:00 a.m. to 12:30 p.m.

Katherine White Harvey Branch

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