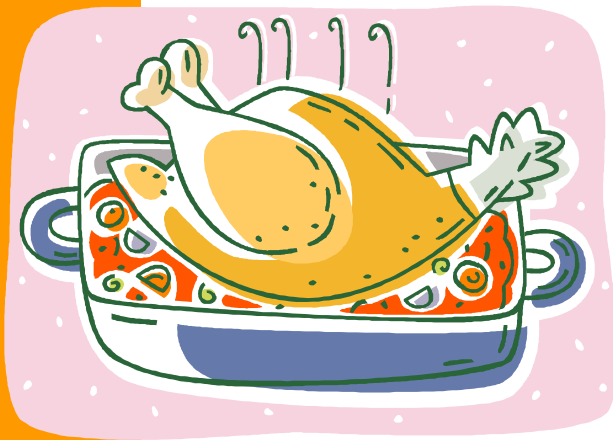


## CAER FOOD DRIVE

**Attention Members!**  
**We need your help to fill our local  
CAER food shelf.**

We will be collecting non-perishable items now  
through Thanksgiving.  
Please bring your items to Membership, KidStuff  
or Fitness and place in our donations boxes.

We appreciate your help!



Elk River YMCA  
13337 Business Center Dr.  
Elk River, MN 55330  
763-230-2800  
[www.ymcatwincities.org](http://www.ymcatwincities.org)

## School Release Days Thanksgiving Break

Friday, Nov 13 Pump It Up!  
Friday, Nov 20 Bowling  
Mon, Nov 23 Underwater World  
Tues, Nov 24 Monticello Community Center  
Wed, Nov 25 Children's Museum

*Drop off your registration at  
Member Services Today!*

## Hottest NEW Personal Fitness Option!

### Water Personal Training

Take your fitness routine to new depths. Whether your goal is increased strength, improved endurance or weight loss, our nationally-certified Personal Trainers will customize a water fitness program just for you.

The water's natural resistance and balance provides the perfect setting to get a great total body workout.

### Special Water Personal Training Introductory Offer:

THREE 60-minute sessions  
Only \$129.00

Contact Kylie at 230-2824 or Jason at  
230-2833 for more information.