



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR NEW FAVORITE

## Sampler Saturday AMERICANA YMCA

Join us on Saturday, January 25th for a sample of 3 of our hottest classes. The newest releases of STEP, Group Power, & YOGA will be offered in one exciting sampler session! This is the perfect day to try a class—or 3! The fun starts at 8:30 AM.

- Bring a friend to class and be registered for a door prize. There's no charge to bring a guest.
- Stay for all 3 classes and be registered for a door prize.
- Bring a water bottle and towel.

**WHEN:** Saturday, January 25th  
**TIME:** 8:30 am-11:00am  
**LOCATION:** AMERICANA YMCA  
4200 Liberty Way  
Zachary, Louisiana 70791  
225-654-9622