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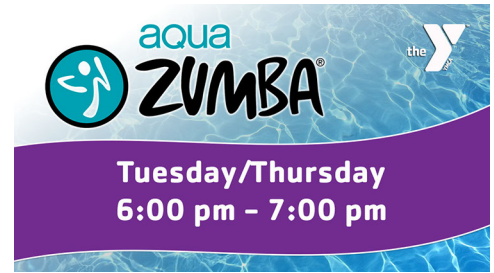
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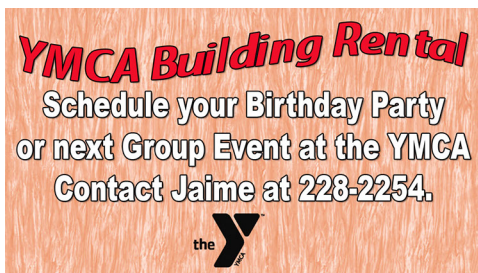
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### Movers and Shakers Senior Strength Class

Monday/Wednesday/Friday 8:30 am – 9:00 am.  
Movers and Shakers is designed to increase muscle strength, range of movement, and improve daily activities!



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### NEW YMCA PROGRAM IDEAS!

If you have any great ideas for new programs or programs you would like to see the YMCA offer, please let Jaime or a YMCA Staff member know.



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## Senior Swim

Monday - Friday 9:00 am - 9:30 am.

Enjoy the pool for your own exercising!

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If you notice one of our monitors not working or would like to see Your AD Here please.

Call Us  
**815-872-5040**

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### CUSB Bank Simply Free Checking puts you first!

CUSB Bank  
1407 S. Grand Ave.  
Charles City, IA 50616  
641-228-2550 ~ 800-397-9964

14.jpg

### PLEASE TAKE OFF YOUR SHOES

Please do not wear the same shoes inside the YMCA that you wore to the YMCA.

This helps keep the building and equipment cleaner!

Thank you!

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### SilverSneakers<sup>®</sup> FITNESS

HEALTHWAYS

The Charles City Family YMCA has just been approved to become a Silver Sneaker Agency. Please watch for more information to come. Does your plan include this benefit? Find out more at [www.silversneakers.com](http://www.silversneakers.com)

16.jpg

### THE DEBIT CARD FOR KIDS, MANAGED BY PARENTS

IN PARTNERSHIP WITH **Greenlight**

First Citizens Bank  
[myfc.bank/greenlight](http://myfc.bank/greenlight)

17.jpg

### Spray and Wipe Down Equipment

Please be courteous and wipe off the machine you were on so it is clean for the next person!

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**TELLURIAN BREWING** (641) 220-4772  
100 South Main Street, Charles City, IA

**Hours:**  
 Tuesday 4pm - 8pm  
 Wednesday 4pm - 9pm  
 Thursday 4pm - 10pm  
 Friday 4pm - 10pm  
 Saturday 12pm - 10pm

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 an inhabitant of the earth

tellurianbrewing.com

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**TAE KWON DO**  
 Instructor: Donna Bird - 3rd Degree Black Belt

Every Monday night from  
 6:00pm - 7:30 pm.

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**WANTED TOWELS FROM YOUR LOCKERS!**  
 Please return any towels you may have taken home or you have stuffed in your locker.

21.jpg

**Water Exercise Class**

Emphasis is on stretching, flexibility, range of motion & cardiovascular fitness.

Morning Classes • Mon - Fri 9:30 am - 10:30 am

22.jpg

**FAREWAY**  
 MEAT & GROCERY

curbside pickup  
 Grocery Department  
 641-228-3523

Shop Fareway from any device, 24/7!  
 Shop online at shop.fareway.com or use the Fareway mobile app to send us your order.

23.jpg

**NEW YMCA Web-site:**

Check out the new Charles City YMCA Website!  
 Coming soon!  
 On-line registrations!

[www.charlescityymca.com](http://www.charlescityymca.com)

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Be sure to check out our website!

[www.charlescityymca.com](http://www.charlescityymca.com)

It has information on upcoming programs, membership information, calendar of events, and much more!

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**WHY JOIN THE YMCA?**

Free Fitness Classes, Half Price on Programs, Indoor Pool, Cardio and Weight Equipment, Gym, Walking Track, Cycle Room, Child Care, Sauna, and so much more!

26.jpg

**REAL ESTATE**

ADVICE, HELP, TIPS, ASSISTANCE, SUPPORT, GUIDANCE

Please Contact Me...  
 SRCSELLS.COM  
 STEWART REALTY SELLERS  
 641.228.1111  
 DEAN 641.330.2977

Dean@StewartRealtySells.com | 641.228.1111

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