



eliminating racism
empowering women
ywca

KITTY CATS & YOGA MATS

"Kitty Yoga"

Combine yoga and fun with Kitty Yoga— a yoga class amongst cats and kittens. There is a fee of \$10/Y members and \$20/ community members.

Registration is required as space is limited. Class will meet at the Marshalltown YMCA-YWCA in Studio 1.

October 21 5:30-6:15pm



Kitty Yoga is offered in partnership with the Marshalltown Animal Rescue League.

Help us show our support and appreciation for the Marshalltown ARL by bringing a donation to the event. Current needs include: dry cat food (Purina or IAMS, if possible) wet cat food in the pate texture, wet dog food (any brand), dry dog food (without red dyed kibble), medium size dog collars, breakaway cat collars, cans of whip cream, small soft training treats for dogs, toilet paper, paper towels, dawn dish soap, laundry soap, and office supplies (post it notes, highlighters, tape, printer paper, Airwick wall plug in air fresheners, etc).

Questions?

Please contact Keisha Lockhart at keisha.lockhart@ymca-ywca.org or 641.752.8658