



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Allegheny YMCA**  
600 West North Avenue  
Pittsburgh, PA 15212  
412 321 8594

# ALLEGHENY YMCA

# YMONDAY MADNESS IN MARCH

# MARCH - 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Start your Healthy Living Journey</b> As a member of the Y, our staff will help you every step of the way along your Wellness Journey. In fact, you have a complimentary 30-minute Wellness Consultation with one of our certified trainers to understand how to reach your healthy living goals. <b>Schedule yours today at the Welcome Center.</b></p>					1	<p><b>2 Long Ride</b> 10:00a.m.-12:00p.m. Cycling Studio 2 Hour endurance ride with Aaron!</p>
3	<p><b>4 CrossFit Open House</b> 6:30p.m. Free Community Class - For details Contact Erica at <a href="mailto:egadelmeyer@ymcapgh.org">egadelmeyer@ymcapgh.org</a></p>	<p><b>5</b>  2019 SUMMER DAY CAMP <b>BEST. SUMMER. EVER.</b> </p>	<p><b>6</b> <b>SUMMER DAY CAMPS AT THE Y</b> Camping, like any Y program, is about learning skills, developing character and making friends. Y campers stretch themselves physically and creatively with a fun new theme every week! Register your child today at <a href="http://ycamps.org">ycamps.org</a></p>		8	<p><b>9 Parent's Night Out</b> 6:00-10:00p.m. Kids enjoy a mini camp, dinner and games while you enjoy a night out! Register today.</p>
<p><b>10</b> </p>	<p><b>11 Little Dribblers Basketball Clinic</b> 5:00-6:00p.m. - For details Contact Jacob at <a href="mailto:jburton@ymcapgh.org">jburton@ymcapgh.org</a></p>	12	13	14	<p><b>15 Dive-In Movie</b> 6:00-7:45p.m. Calling all superheroes - Join us in the pool for <b>Incredibles 2</b></p>	<p><b>16</b>  10:00a.m.-Free community class - Wear green!</p>
<p><b>17 HAPPY ST. PATRICK'S DAY</b> <b>SELECTION SUNDAY</b> Register your bracket with the Y. Visit the Welcome Center for Details.</p>	<p><b>18 St. Patrick's Day Celebration</b> Wear green to your workout and be entered to win a free personal training session</p>	<p><b>19</b>  <b>TOURNAMENT BEGINS</b> Enter the bracket challenge to win a free month of membership!</p>	20	21	<p><b>22 1 in 3</b> Americans is at risk for developing type 2 diabetes. The Y can help - <b>Find out if you're at risk today.</b>  <b>ALERT! DAY</b></p>	<p><b>23 Spring Cleaning</b> 9:00a.m. Free community Clean &amp; Jerk clinic, beginners to more advanced</p>
24	<p><b>25 Strength &amp; Conditioning</b> Free demo of our new small group personal training class, kettlebell training and boxing conditioning</p>	26	27	<p><b>28 OPEN HOUSE</b> 5:00-7:00p.m. Enjoy special group exercise classes and more!</p>	29	<p><b>30 Long Ride</b> 10:00am-12:00pm Cycling Studio 2 Hour endurance ride with Aaron!</p>



# Healthy Kids Day®

**AWAKEN  
SUMMER  
IMAGINATION!**  
Saturday April 27

Free & open  
to the public!

NATIONAL  
SPONSOR



## NATIONAL NUTRITION MONTH



National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Look for healthy recipes and nutrition tips all month long in your email and at the Welcome Center!

## TABBOULEH STUFFED PEPPERS

### INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2/3 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (or 2 tablespoons dried)
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon hot sauce (or more if you like)
- 1 pound fresh sweet mini peppers

### DIRECTIONS

- 1 Place bulgur in a 4 cup bowl and pour water over top; cover bowl and let stand for about an hour.
- 2 Whisk together olive oil, lemon juice, garlic, salt, coriander, cumin, parsley, mint and hot sauce; pour over bulgur.
- 3 Rinse peppers, cut in half lengthwise and remove seeds and stems. Fill pepper halves with tabbouleh.
- 4 These can be made a day ahead, covered and chilled.

