



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**MAY**  
**- 2019 -**

**SAMPSON FAMILY YMCA**



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>			<p><b>1 Vietnam Vets Support Group</b> 9:00-11:00a.m. Conference Room</p>	<p><b>2 Private Small Group cooking Classes Available</b> Contact our Teaching Kitchen Coordinator for detail on scheduling a class</p>	<p><b>3 May 3-5th Y Guides Spring Campout</b> YMCA Camp Kon O Kwee Spencer</p>	<p><b>4 Come For the Day</b> YMCA Camp Kon O Kwee Spencer RSVP today <a href="mailto:nroberts@ymcapgh.org">nroberts@ymcapgh.org</a></p>
<p><b>5</b>  <b>MAY 5th at 7:00a.m.</b></p>	<p><b>6 80's Themed Cycle with Nicole</b> 9:15a.m. in the Cycle Room <b>Register today for Cooking Matters starting on May 18th.</b></p>	<p><b>7 Mommy and Me Mothers Day Cooking Class</b> 5:30-6:30p.m. Teaching Kitchen Register today for this great parent child cooking class</p>	<p><b>8 Teen Breakfast Class</b> 5:30-7:00p.m. Teaching Kitchen</p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b>  <b>MAY 11th at 9:00a.m.</b></p>
<p><b>12 Super-Mom's Workout</b> 1:00p.m. Superhero Circuit Training</p>	<p><b>13</b></p>	<p><b>14 4 x 4 Prep-Ahead Crock Pot Meals Cooking Class</b> 5:30-7:00p.m. Learn how to meal prep crock pot freezer meals + 4 meals to take home. Serving size is 4.</p>	<p><b>15 Vietnam Vets Support Group</b> 9:00-11:00a.m. Conference Room</p>	<p><b>16 Cook the Book Giada's Italy</b> 6:00-7:30p.m. Teaching Kitchen</p>	<p><b>17 Outdoor Walk</b> 10:00a.m. Meet in the lobby</p>	<p><b>18 Lifeguard Class</b> 12:00-9:00p.m. Registration required</p>
<p><b>19</b></p>	<p><b>20 90's Themed Cycle with Nicole</b> 9:15a.m. in the Cycle Room</p>	<p><b>21</b>  <b>UMMER STEPPIN' MEMBER CHALLENGE</b> Join the 6-week member challenge to achieve a goal of <b>10,000</b> steps per day! Includes <b>SUMMER STEPPIN'</b> t-shirt, pedometer, Motivation Monday emails, trainer-led walking groups and a chance to win awesome prizes!</p>		<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24 Now Offering Girl Scout and Brownie Badge Cooking Classes</b> - Requirements needed to achieve their cooking badge</p>
<p><b>26</b></p>	<p><b>27 Memorial Day Building Will be Closed</b> Outdoor pool will be open from 10:00a.m.-6:00p.m.</p>	<p><b>29 4th Annual Senior Fitness and Health Fair</b> 12:30-2:30p.m. in the Gymnasium</p>	<p><b>30 Summer Camp Parents Only Orientation</b> 6:30p.m. at the Pavilion</p>	<p><b>31</b></p>	<p><b>OPEN STREETS</b> Presented By <b>UPMC HEALTH PLAN</b> <b>MAY 25th at 9:00a.m.</b></p>	

# OPEN STREETS - SATURDAY, MAY 25th

OpenStreetsPGH is inspired by the open streets movement – a global phenomenon promoting healthy outdoor activity and community engagement using city streets.

OpenStreetPGH temporarily closes streets to car traffic and invites Pittsburghers to reimagine their streets as places for people. This free event series connects communities to each other and creates a safe place for people of all ages to walk, bike, roll, and dance through 10 neighborhoods in 2019.

Save the dates for our 2019 OpenStreetsPGH series on May 25th, June 30th, and July 28th! OpenStreetsPGH offers something for everyone, from fitness workshops, to kids activities, shopping, brunch, community arts, and special promotions presented by over 100 local businesses and organizations.



## OPEN STREETS YMCA SCHEDULE

9:00am-10:00am	Kettle Bell	Homewood Hub
9:00am-10:00am	Zumba	Mellon Park Hub
9:00am-10:00am	Family Zumba	East Liberty Hub
10:00am-11:00am	Hip Hop Dance	Homewood Hub
10:00am-11:00am	Bodyflow Yoga	Mellon Park Hub
10:00am-11:00am	Family Cardio Drum	East Liberty Hub
11:00am-12:00pm	Insanity	Homewood Hub
11:00am-12:00pm	Pound	Mellon Park Hub
11:00am-12:00pm	Music and Movement	East Liberty Hub
12:00pm-1:00pm	Zumba	Homewood Hub
12:00pm-1:00pm	HIIT	Mellon Park Hub
12:00pm-1:00pm	Family Food Prep	East Liberty Hub



## RECIPE CARD CAVIAR SALSA

### INGREDIENTS

- 60oz chopped/crushed tomatoes which ever you prefer
- 1/2 bunch of cilantro chopped fine
- 1 medium purple onion chopped fine
- 1 can sweet corn
- 1 jalapeno (optional) chopped fine
- 1 can black beans (optional)
- 1 avocado chopped (optional)
- 1/4 cup hot sauce
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 2 TB garlic salt
- 1 TB pepper

### DIRECTIONS

- Mix all ingredients together let marinate in fridge for 2 hours.
- Enjoy with chips, on eggs, with chicken, whatever your healthy heart desires!
- Makes 8 cups of salsa!



## EXERCISE OF THE MONTH

**Purpose:** Lower Back Strengthening  
**Exercise:** Superman



Photo courtesy of strength-coaching.net

- To begin, lie straight and face down on the floor or exercise mat. Your arms should be fully extended in front of you. This is the starting position.
- Simultaneously raise your arms, legs, and chest off of the floor and hold this contraction for 2 seconds. Tip: Squeeze your lower back to get the best results from this exercise. Remember to exhale during this movement. Note: When holding the contracted position, you should look like superman when he is flying.
- Slowly begin to lower your arms, legs and chest back down to the starting position while inhaling.
- Repeat for the recommended amount of repetitions prescribed in your program.