



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**MAY
- 2019 -**

SPENCER FAMILY YMCA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Start your Healthy Living Journey 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. Schedule yours today at the Welcome Center.</p>			<p>1 Happy 2nd Anniversary to Us! Stick Time Monday through Friday 2:30-4:00p.m. Pick Up Hockey Tuesday and Thursday 6:30-7:20a.m. Tuesday and Wednesday 12:00-2:00p.m.</p>	<p>2</p>	<p>3 Member Skate 7:00-8:30p.m. BYOS Active at Any Age 1:00-2:00p.m.</p>	<p>4 First Responder Boot Camp 7:00a.m. Open to All First Responders With Michael</p>
<p>5 Pickleball 3:00-4:45p.m.  MAY 5th at 7:00a.m.</p>	<p>6 Small Group Trainings TRX 10:00a.m. Queenax 6:30p.m.</p>	<p>7 Pickleball 11:30a.m.-2:20p.m. Small Group Training Ladies Who Lift With Jeanine 5:00p.m.</p>	<p>8 First Responder Boot Camp 7:00p.m. Open to all First Responders With Brad!</p>	<p>9 Member Skate 11:00a.m.-12:30p.m. BYOS Learn to Skate 1:00 & 2:00p.m. Pickleball 11:30a.m.-2:20p.m.</p>	<p>10 Campaign Donor Picnic Pickleball 3:00-4:45p.m. Date Night 5:30-8:30p.m.</p>	<p> MAY 11th at 9:00a.m.</p>
<p>12 Pickleball 3:00-4:45p.m.</p>	<p>13 Small Group Trainings TRX 10:00a.m. Queenax 6:30p.m.</p>	<p>14 Pickleball 11:30a.m.-2:20p.m. Small Group Training Ladies Who Lift With Jeanine 5:00p.m.</p>	<p>15</p>	<p>16 Learn to Skate 1:00 & 2:00p.m. Pickleball 11:30a.m.-2:20p.m. Small Group Basic Barbell 3:00p.m.</p>	<p>17 Family Fun Night Open House 5:30-8:00p.m. Member Skate 7:00-8:30p.m. BYOS, Grand Residence Cookies, Active at Any Age program</p>	<p>18 New! Ladies Who Lift 11:00a.m. With Michael Small Group Training</p>
<p>19 Pickleball 3:00-4:45p.m.</p>	<p>20 Small Group Trainings TRX 10:00a.m. Queenax 6:30p.m.</p>	<p>21 Pickleball -11:30a.m.</p>	<p>22 SUMMER TEPPIN' MEMBER CHALLENGE Join the 6-week member challenge to achieve a goal of 10,000 steps per day! Includes SUMMER STEPPIN' t-shirt, pedometer, Motivation Monday emails, trainer-led walking groups and a chance to win awesome prizes!</p>		<p>23</p>	<p>24 Pickleball 3:00-4:45p.m.</p>
<p>26 Pickleball 3:00-4:45p.m.</p>	<p>27 Memorial Day Open House 5:30a.m.-2:00p.m. Invite your friends and family on Memorial Day!</p>	<p> Pickleball-11:30a.m. Small Group Training Ladies Who Lift With Jeanine 5:00p.m.</p>	<p>29</p>	<p>30 Learn to Skate 1:00 & 2:00p.m. Pickleball 11:30a.m.-2:20p.m. Small Group Basic Barbell 3:00p.m.</p>	<p>31 Pickleball 3:00-4:45p.m.</p>	<p>OPEN STREETS Powered By UPMC HEALTH PLAN</p>

SPENCER FAMILY YMCA
305 Church Road
Bethel Park, PA 15102
412 833 5600

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.