



# BRANCHING OUT AT THE Y

## SPENCER FAMILY YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Coffee Club</b> 9:00a.m.	2	3	4 <b>SPECIAL HOURS</b> 5:00a.m.-2:00p.m.	5 <b>Member Skate</b> 7:00-8:30p.m.	6
7 <b>Pickleball Sundays</b> 3:00-4:45p.m.	8 <b>Les Mills Body Step Launch...</b> New Music, New Moves - Check the app for schedule	9 <b>Coffee Club</b> 10:00a.m. <b>Learn to Play Pickleball</b> Tues, Thurs 11:30a.m. <b>Pickleball</b> 12:00-2:00p.m.	10 <b>Les Mills Body Attack Launch...</b> New Music/New Moves - Check the app for schedule	11 <b>Rope/KB Challenge with a friend or trainer</b> <b>Pickleball</b> 12:00-2:00p.m. <b>Member Skate</b>	12	13
14 <b>Pickleball Sundays</b> 3:00-4:45p.m. <b>Member Skate</b> 2:00-3:30p.m.	15 <b>How many Pushups can you do in a minute.</b> <b>Top 3 make our leader board!!!</b>	16 <b>Learn to Play Pickleball</b> Tues, Thurs 11:30a.m. <b>Pickleball</b> 12:00-2:00p.m.	17 <b>Coffee Club</b> 9:00a.m.	18 <b>SUMMER HOPS</b> A TOAST FOR COMMUNITY July 18th 6:00-9:00p.m. Purchase Tickets at: <a href="http://pittsburghymca.org/hops">pittsburghymca.org/hops</a>	19 <b>Family Fun Night</b> <b>Member Skate</b> 7:00-8:30p.m.	20 <b>12th ANNUAL NORTH BOROUGHS YMCA</b> <b>5K</b> July 20th - 8:00a.m. 1-Mile Fun Walk and 5K
21 <b>Pickleball Sundays</b> 3:00-4:45p.m.	22	23 <b>Pickleball</b> 12:00-2:00p.m. <b>5 new exercises for the Queenax!</b> <b>See a trainer for new ideas!</b>	24	25 <b>Coffee Club</b> 10:00a.m. <b>Pickleball -</b> 12:00-2:00p.m. <b>Member Skate</b> 11:00a.m.- 12:30p.m.	26	27
28 <b>JANNEY &amp; THE Y TRIATHLON</b> Sunday, July 28th, 2019 Register now at <a href="http://active.com">active.com</a> <b>SWIM</b> 700 meters (14 laps) <b>BIKE</b> 12 miles <b>RUN</b> 3.1 miles	29	30 <b>Learn to Play Pickleball</b> Tues, Thurs 11:30a.m. <b>Pickleball</b> 12:00-2:00p.m.	31	<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>		

# OPEN STREETS - SUNDAY, JULY 28TH



Presented By  
**UPMC  
HEALTH  
PLAN**

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

**SUNDAY, JULY 28TH**  
DOWNTOWN, UPTOWN, SOUTHSIDE  
(9am-1pm) Take a classic Pittsburgh experience - traveling from a bridge into a tunnel - and try it on foot or by bike! Explore Downtown, Uptown, and Southside including the Birmingham Bridge, the 10th St Bridge, and the Armstrong Tunnel!



## RECIPE CARD HEALTHY COLE SLAW

### INGREDIENTS

- 2/3 cup non-fat plain Greek yogurt
- 2 Tbsp apple cider vinegar
- 1/2 Tbsp lemon juice , fresh is best
- 2 Tbsp granulated sugar
- 1/4 tsp ground celery seed
- Kosher salt and black pepper, to taste
- 10 oz bag of shredded coleslaw mix
- 1/3 cup red onion or shallots , finely minced
- 2 Tbsp green onions, sliced

### INSTRUCTIONS

- In a large mixing bowl, combine Greek yogurt, vinegar, lemon juice, sugar, celery seed, salt and pepper. Whisk until a dressing forms.
- Add coleslaw mix, red onion, and green onions. Toss to combine, making sure all the coleslaw is coated.



## EXERCISE OF THE MONTH

**Purpose:** Core Strengthening

**Exercise:** FIREWORKS! (Star Jumps)

- Start off down in a crouched position with your feet at hip width and your arms by your sides. From this position jump up explosively as high as you can. As soon as your feet leave the ground, open your legs out to the sides and lift your arms up and out to the sides at the same time.
- At the highest point of your jump, your feet and hands should represent 4 of the 5 points of a star, with your head being the other point.
- As you start to lower back to the ground, bring your legs and arms in, so that you land with your feet under your hips and your arms by your sides. Absorb the impact of the landing by bending your knees and leaning forwards as you lower down into the crouch position again ready for your next star jump. Repeat these star jumps with control for the required duration.



Stay tuned to our Facebook page for videos on how to perform this month's exercise!

