








FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BRANCHING OUT AT THE Y

YMCA at U.S. STEEL TOWER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steel Power Challenge Who's going to be the new Steel Power Champions? Compete in Male and Female Squat, Deadlift, and Bench, Leaderboards to crown Monthly Champs! 	1 Weekly Member PSP (Push-Up, Sit-Up, Pull-Up) Challenges M-W-F - 12:00p.m. Personal Trainers will be challenging you to see how many PSP's you can complete & track.	2 Lunchtime with the Y Stop by our booth with a friend 11:30a.m.-1:00p.m. at the fountain for a FREE guest pass to try the Y!	3	4  CLOSED For Independence Day	5 Branch closing at 6:00p.m.	6
7 	8 Weekly Member PSP (Push-Up, Sit-Up, Pull-Up) Challenges M-W-F - 12:00p.m. Personal Trainers will be challenging you to see how many PSP's you can complete & track.	9 Lunchtime with the Y Stop by our booth with a friend 11:30a.m.-1:00p.m. at the fountain for a FREE guest pass to try the Y!	10 Nature Nurtures Challenge MyPlate.gov Recommendations, as well as USDA recipes & restaurant options offered every week.	11	12 Level-Up Demo 11:00a.m. Level-Up Small Group Training	13
14 Female Deadlift Club Leaderboard of our Female members that are deadlifting over 200lbs 	15 Edgar Snyder Open House Edgar Snyder Employees will receive a FREE Guest Pass to try the Y!	16 Lunchtime with the Y Stop by our booth with a friend 11:30a.m.-1:00p.m. at the fountain for a FREE guest pass to try the Y!	17 Join us in the studio for a special Men's Yoga night at 5:45p.m. BRO-GA	18 Masquerade SUMMER HOPS A TOAST FOR COMMUNITY July 18th 6:00-9:00p.m. Purchase Tickets at: pittsburghymca.org/hops	19	20 12th ANNUAL NORTH BOROUGH'S YMCA 5K July 20th - 8:00a.m. 1-Mile Fun Walk and 5K
21 	22 Weekly Member PSP (Push-Up, Sit-Up, Pull-Up) Challenges M-W-F - 12:00p.m. Personal Trainers will be challenging you to see how many PSP's you can complete & track.	23 Lunchtime with the Y Stop by our booth with a friend 11:30a.m.-1:00p.m. at the fountain for a FREE guest pass to try the Y!	24	25	26 Steel Tower Open House U.S. Steel Building Employees will Receive a FREE Guest Pass to try the Y!	27
28 DOWNTOWN, UPTOWN, SOUTHSIDE OPEN STREETS Presented by UPMC HEALTH PLAN	29	30 Lunchtime with the Y Stop by our booth with a friend 11:30a.m.-1:00p.m. at the fountain for a FREE guest pass to try the Y!	31	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.		

YMCA at U.S. STEEL TOWER
600 Grant Street, Concourse Level
Pittsburgh, PA 15219
412 745 9622

OPEN STREETS – SUNDAY, JULY 28TH



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!



YMCA of Greater Pittsburgh | pittsburghymca.org