

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	CLOSED FOR LABOR DAY	3	4	5	6	7
8	9 NATURE NURTURES CHALLENGE Members are challenged to become more aware of the nutrients they consume, and how to improve their intake. Register today.	10 LUNCHTIME WITH THE Y U.S. Steel Lobby 11:00a.m1:00p.m. Come check out our booth to spin the Prize Wheel!	11	12	13	14
15	16 MARK IT ON THE MAP Whether new to the U.S.A or ancestors immigrated years ago mark your history on the map in the lobbyl	WITH THE Y U.S. Steel Lobby 11:00a.m1:00p.m. Come check out	DEMO11:30a.m. Challenging Full Body Workout using Treadmills, Assault Bikes, Free	19 OPEN HOUSE 10:00a.m2:00p.m. Try our Recipe of the month and bring a workout buddy in for a FREE guest Pass today!	20 FREE VA DAY (a) THE Y! Veterans and VA Staff may try out the Y FREE All day today! Bring your friends!	
WELCOMING WEEK - SEPTEMBER 13-22						
22	23	24 FITNESS BUNKER 11:30a.m. Find out which well known fitness beliefs, are Fact and which are Fiction. Featuring are resident Debunker, Chris Reeves MS, CSCS.	25	26 COMBAT FITNESS 11:30a.m. Learn how to throw a punch, while getting in a fat burning workout!		28
29	30	31	YMCA Of Granter P  I'M A WELCOM  Bify starte is  and I calefrate Walcoring Week because	Stop by the W your support to with your own Facebook and	elcome Center and jo for our diverse comm "I am a Welcomer" si tag the <b>@YSteelTo</b> v o a swag bag drawing	unity by posting gn. Post it on <b>wer</b> in your post to



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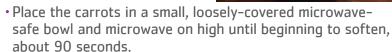


## RECIPE CARD Zucchini and Chickpea Tagine



- 6 ounces carrots, peeled and cut into 1/4" thick half-moons
- 1/4 cup extra-virgin olive oil
- 1 1/4 pounds zucchini, diced
- 3 cups cooked chickpeas (preferably home-cooked
- 1 teaspoon kosher salt
- 1/4 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- 1 teaspoon ras el hanout (optional)
- 1/4 teaspoon Aleppo pepper or cayenne or chili flakes
- 1 tablespoon tomato paste
- · 1 tablespoon minced preserved lemon
- Juice of 1/2 lemon
- Optional garnish: flat-leaf parsley

## **INSTRUCTIONS**



- Place the oil in your largest skillet or a Dutch oven over medium-high heat. Saute the zucchini until it is tender. Add the carrots and all of the remaining ingredients (chickpeas, salt, cinnamon, cumin, mint, ras el hanout, Aleppo pepper, tomato paste, preserved lemon, and lemon juice). Add 1/2 cup water and mix thoroughly. Bring to a simmer, reduce heat to low, cover, and cook for 10 minutes.
- Taste and adjust seasoning. It will probably need more salt, and you may want to amp up the spices, depending on your taste. Serve hot, garnishing with parsley if you desire.



## **EXERCISE OF THE MONTH**

Purpose: Cardio and Joint Movement

Exercise: Basic Salsa

- 1. Stand with both feet together.
- 2. Step to the right. Bend your knees.
- 3. Return to the middle.
- 4. Step to the left. Bend your knees slightly.
- 5. Return to the middle.

6.Try it a little faster. Slightly rock to the side as you move. Loosen up your upper body. Let your shoulders move with your feet.

7. Faster this time! Add some hip as you rock. Make it your own! Check video for correct tempo.

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