



READY TO Move YOU

JANUARY 2020

| BE MOVED TO DO MORE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BE MOVED TO DO MORE LES MILLS LAUNCH WEEK JAN. 5-11 Mixing the hottest music with cutting-edge exercise science, motivation and the energy of many. Download the YMCA of Greater App to find your next class.</p>			1	2 QUEENAX SMALL GROUP 10-10:45am Fast paced circuit class on the QueenAx	3	4
5	6 SMALL GROUP BOOTCAMP 7-7:45pm 45 min. fast paced, calorie burning, strength building boot camp	7 SMALL GROUP BOOTCAMP 6-6:45pm 45 min. fast paced, calorie burning, strength building boot camp	8 QUEENAX SMALL GROUP 10-10:45am Fast paced circuit class on the QueenAx	9 MEMBER OPEN SKATE 11am-12:30pm Skate time free for any YMCA member	10 PARENT'S NIGHT OUT 5:30-8:30pm Drop off the kids and enjoy a night out! Register today	11
12	13 SMALL GROUP BOOTCAMP 7-7:45pm 45 min. fast paced, calorie burning, strength building boot camp	14 SMALL GROUP BOOTCAMP 6-6:45pm 45 min. fast paced, calorie burning, strength building boot camp	15 QUEENAX SMALL GROUP 10-10:45am Fast paced circuit class on the QueenAx	16 QUEENAX SMALL GROUP 10-10:45am Fast paced circuit class on the QueenAx	JANUARY 18th SUMMER DAY CAMP KICKOFF Learn more at ycamps.org/bestsummerever	
19	20	21	22	23 MEMBER OPEN SKATE 11am-12:30pm Skate time free for any YMCA member	24 PARENT'S NIGHT OUT 5:30-8:30pm Drop off the kids and enjoy a night out! Register today.	25
WEIGHT LOSS CHALLENGE JANUARY 26th - APRIL 12th Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Challenge Program. Register online today at pittsburghymca.org/weightloss					18 OPEN HOUSE 10am-3pm FAMILY FUN NIGHT 5-8pm	
26	27 SMALL GROUP BOOTCAMP 7-7:45pm 45 min. fast paced, calorie burning, strength building boot camp	28 SMALL GROUP BOOTCAMP 6-6:45pm 45 min. fast paced, calorie burning, strength building boot camp	29 QUEENAX SMALL GROUP 10-10:45am	30 QUEENAX SMALL GROUP 10-10:45am Fast paced circuit class on the QueenAx	31 OPEN HOUSE 5pm-8pm Enjoy infused water, special trainer challenges and more!	



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY.

YMCA of GREATER PITTSBURGH

BEST. SUMMER. EVER.

SAVE

10%

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of Camp



REGISTRATION OPENS JAN. 18TH – ycamps.org/bestsummerever



RECIPE CARD Instant Pot Sweet Potato and Kale Soup



INSTRUCTIONS

- Press sauté function on Instant Pot, add oil when the display reads “Hot”.
- Add onion and bay leaves stir until onion is translucent, avoid browning.
- Add sweet potatoes and the next 7 ingredients; cook for about 1 minute stirring constant
- Stir in tomatoes and paprika, stir for about 2 minutes more.
- Stir in coconut milk, then stock.
- Place lid on pressure cooker and turn to lock, make surer the steam valved is sealed
- Cancel the sauté function and turn on pressure cook, manual and choose 5 minutes.
- When the cooking cycle ends, let the pressure release naturally for 10 minutes, then carefully turn the knob to the venting position.
- Open lid and carefully stir in kale, then drained beans. Let sit for a few minutes so the kale will wilt and the beans will warm through.

INGREDIENTS

- 2 T Olive or coconut oil
- 1 small onion, diced
- 2 bay leaves
- 2 medium sweet potatoes peeled and cubed (about 1 ½ #)
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- 1/8 tsp. cinnamon
- 1 tsp turmeric
- 1 tsp Kosher salt (¾ tsp if using table salt)
- 3 cloves garlic pressed or minced
- 1 3–4” sprig of rosemary, leaves removed and chopped
- 1 15-ounce can of diced tomatoes with juice
- 1 tsp sweet paprika
- 1 14 ounce can light coconut milk
- 1 ½ cups vegetable stock
- 6 ounces of kale, stems removed and coarsely chopped
- 1 can garbanzo beans, drained and rinsed



EXERCISE OF THE MONTH

Purpose: Ab and Core Strengthening

Exercise: Crunchy Frog

- Begin sitting, balanced just behind your sits bones, and rock back slightly to lift your feet off the floor; gently pull your knees to your chest.
- Exhale, pull your navel to your spine, and lean back slightly as you open your arms to the sides and straighten your legs.
- Inhale and return to the starting position to complete one rep.

