




FEBRUARY 2020 | GROWING HEALTHY HEARTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>AT THE AMERICAN HEART ASSOCIATION AMERICAN STROKE ASSOCIATION</div> <div>We can reduce heart disease by promoting a healthy diet and lifestyle, so the American Heart Association has a new national goal: By 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.</div> <div>Join us and the YMCA of Greater Pittsburgh for heart health screenings during Heart Health Week February 10th-16th, and learn how you can take back control of your health.</div>						1
2	3 <div>GROUP EXERCISE CLASS OF THE WEEK</div> <div>Included in your membership</div> <div>CYCLING</div> <div>Check the app for times</div>	4	5	6	7	8 <div>PARENTS NIGHT OUT</div> <div>6:00-10:00pm</div> <div>Register today at the Welcome Center</div>
9 	10 <div>GROUP EXERCISE CLASS OF THE WEEK</div> <div>Included in your membership</div> <div>CARDIO SCULPT</div>	11 <div>BOOT CAMP CONDITIONING</div> <div>5:15pm</div> <div>Jump start your heart with this 45 minute conditioning class.</div>	12 <div>FREE BLOOD PRESSURE CHECKS</div> <div>9-10:30am</div> <div>Self monitoring of your blood pressure encourages better control of hypertension.</div>	13	14	15 <div>"FOR THE LOVE OF WOD"</div> <div>CrossFit Class 10:00am</div> <div>Grab your significant other, or workout buddy for this FREE community workout! You and your partner will have to work together to get through this WOD! If you both sign up for an Unlimited package, both receive 10% off!</div>
<div>MONTHLY MEMBER CHALLENGE</div> <div>Jump rope for Heart Health! How many can you do unbroken? Give it a try, put it in the score board (located at the trainer desk), and enter to win a FREE session with a trainer!</div>						
<div>HEART HEALTH WEEK - February 10th-16th</div>						
16	17 <div>GROUP EXERCISE CLASS OF THE WEEK</div> <div>HIIT</div> <div>"PRESIDENT'S DAY"</div> <div>CrossFit Class</div> <div>5:30am, 9:00am, and 6:30pm</div>	18 	19	20	21 <div>DIVE IN MOVIE</div> <div>Fri Feb 21</div> <div>6:00-8:00pm</div> <div>"The Princess and the Frog"</div>	
23	24 <div>GROUP EXERCISE CLASS OF THE WEEK</div> <div>Included in your membership</div> <div>AQUA AEROBICS</div>	25	26 <div>OPEN HOUSE</div> <div>5:00-7:00pm</div> <div>Special Les Mills Classes-body pump and HIIT; Heart healthy snacks/vegan chilli; music; Hello Fresh</div>	27	28	29 <div>"LEAP YEAR"</div> <div>CrossFit Class 10:00am</div> <div>It only comes around once every 4 years so don't miss it!</div> <div>CPR CLASS</div> <div>1:00-6:00pm</div> <div>Community CPR class</div>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of GREATER PITTSBURGH

BEST. SUMMER. EVER.

SAVE

5%

Off Every Week
of Camp
Expires 2.29.19

REGISTRATION NOW OPEN FOR SUMMER 2020



RECIPE CARD Healthy Greek Yogurt Brownies

INGREDIENTS FOR BROWNIES

- ¼ cup almond flour or oat flour*
- ¼ cup unsweetened cocoa powder
- ¼ tsp sea salt
- ½ cup bittersweet chocolate, chopped (4 oz)
- 2 TBS butter or coconut oil, melted
- ½ cup granulated sugar
- ¾ cup Vanilla Greek yogurt**
- 2 large eggs
- 1 tsp vanilla extract
- ¼ to ½ cup chocolate chips to mix in

INGREDIENTS FOR GANACHE

- ½ cup 4 ounces bittersweet chocolate, chopped
- ½ cup heavy cream, coconut cream, or half & half
- ½ tsp vanilla extract

INSTRUCTIONS FOR BROWNIES

- Preheat oven to 350 degrees grease a 9x9" baking pan and set aside.
- Mix almond flour, cocoa powder and sea salt in a small bowl; set aside.
- Melt chocolate & coconut oil/butter together in the microwave until melted.
- Mix in sugar, Greek yogurt and vanilla.
- Mix in eggs, one at a time until the batter is completely smooth.
- Add dry ingredients, whisk until just incorporated.
- Add chocolate chips!
- Pour batter into prepared pan and bake for 20 to 25 minutes until the top is just barely set and the edges are slightly pulling away from the sides of the pan. (20 = gooier brownies)
- When brownies are finished baking, place the pan on a wire rack and cool.

INSTRUCTIONS FOR GANACHE

- While the brownies are baking, make the ganache.
- Add heavy cream to a small saucepan and warm over medium-high heat until it just begins to bubble. Do NOT let it boil.
- Turn off heat and whisk in chopped chocolate and vanilla until the mixture is dark and smooth.
- Remove from burner and let cool slightly. The ganache thickens as it cools.



EXERCISE OF THE MONTH

Purpose: Arms, Back, Chest, Core, Glutes, Legs

Exercise: Burpees

- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
- Push your hips back, bend your knees, and lower your body into a squat.
- Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
- Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
- Jump your feet back so that they land just outside of your hands.
- Reach your arms over head and explosively jump up into the air.
- Land and immediately lower back into a squat for your next rep.

