



FEBRUARY 2020 | GROWING HEALTHY HEARTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>AT THE AMERICAN HEART ASSOCIATION AMERICAN STROKE ASSOCIATION 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. 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.</p>						1
2 PICKLEBALL 3:00p-4:45p	3	4 PICKLEBALL 11:30a-2:30p	5	6 PICKLEBALL 11:30a-2:30p	7 PARENT'S NIGHT OUT 5:30-8:30pm \$25 member only. Must register in advance. NATIONAL WEAR RED DAY	8 FAMILY FUN NIGHT 10am-12pm 6-8pm Spa-themed day Family Fun Night at the Y!
9	10 DON'T MISS A BEAT 10:15am Join us for Zumba and don't miss a beat!	11 PICKLEBALL 11:30a-2:30p PUMP IT UP Pop up BODYPUMP Class! (Check App for Details!)	12 SHARE THE LOVE Partner training Demonstration! (Check App for Details!)	13 VALENTINES DAY/ PALENTINES Day Member appreciation with raffles and roses AMERICAN HEART ASSOCIATION 9-10:30am	14	15
HEART HEALTH WEEK - February 10th-16th						
16 PICKLEBALL 3:00p-4:45p	17 SMALL GROUP BOOTCAMP 6:00pm	18 PICKLEBALL 11:30a-2:30p	19 JOB FAIR SUMMER CAMP STAFF Hiring Fair 6-8pm	20 PICKLEBALL 11:30a-2:30p	21 PARENT'S NIGHT OUT 5:30-8:30pm \$25 member only. Must register in advance.	22 VITALANT BLOOD DRIVE 8:00am-1:00pm Sign up online for a time and give blood. Huge needs in this area this time of year.
23 PICKLEBALL 3:00p-4:45p	24 SMALL GROUP BOOTCAMP 6:00pm	25 PICKLEBALL 11:30a-2:30p	26	27 PICKLEBALL 11:30a-2:30p MEMBER OPEN SKATES 11am-12:30pm Open to Members	28	29





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.

