



SLEIGH YOUR HABITS CHALLENGE

Our habits challenge started December 1st but it's NEVER too late to join in or start a new healthy habit or two.

Register by scanning this QR code:



GROUP EXERCISE SCHEDULE UPDATES

- **RPM (Cycle)** with Cara starts Dec 4 at 10:30am
- **Second Saturday Line Dancing:** Every second Saturday of the month, starting Dec 13 at 1:30pm
- **A Holiday Group Exercise schedule** will be running Dec 22-Jan 4. Keep your eyes on the online schedule!

TRAINER TIP OF THE MONTH

Hydrate like it's July

Winter dehydrates you faster than you think. Dry indoor heat, extra layers, and lower thirst cues all make it easy to drink less than your body needs.

Easy fixes:

- Drink a glass when you leave the house and when you get back—like a hydration toll.
- Carry a water bottle even if you don't think you need it.
- Tea counts. Eggnog does not.



MOVE OF THE MONTH

The Plank



The plank is a core-strength exercise where you hold your body in a straight, rigid line—like a plank of wood—supported on your elbows (or hands) and toes. Your back should be flat, your hips level, and your core tight. Think of it as “standing” on your arms and toes instead of your feet. Planks strengthen not just your abs, but also your back, shoulders, and glutes.

How to do it:

- Place elbows under your shoulders and extend your legs behind you so your weight is on toes and elbows.
- Keep your body in a straight line from head to heels.
- Tighten your abs and glutes, don't let your hips sag or rise.
- Hold for 20–60 seconds, breathing steadily. Gradually increase hold time as you get stronger.

GROUP EXERCISE INCLEMENT WEATHER POLICY

Y Silver Spring follows public school closures and delays for our early-morning classes, but then **we may modify plans as necessary for safety and operations**. Please refer to the policy posted throughout the branch for full details.