



JANUARY IS JUMPIN' IN WELLNESS!

EXCITING NEW GROUP EXERCISE OPTIONS:

- **Everyday Athlete:** our first group exercise class specifically for ages 10-12 meets Saturday mornings at 8:30am in the Studio.
- **Core & Calm:** a limited 4-week yoga series to awaken your core and quiet your mind starts Monday, January 19 at 7:30pm in the Studio.
- **Mat Pilates returns!** Join Mikayla in the gym at 5pm on Tuesdays starting January 13th.



TRAINER TIP OF THE MONTH

Winter energy is real.

Warm up longer, move

gently at first,
and give your
body time to
wake up.



SPECIALTY OPTIONS FOR ADDED GUIDANCE AND PERSONALIZATION:

- **Small Group Trainings:** give you the energy of a class with the focus of personal training. With only 3-5 people per session, you get hands-on coaching, personalized progressions, and a small team cheering you on. Sessions vary days/times.
- **Form Check:** ever wonder if you're holding a plank correctly? Have questions on how you can work on squats even though you've got that bad knee? Form Check is a paid, 30-minute, 1-time session with a personal trainer for you to get the answers you need to keep moving forward.

Contact Kym Porter to sign up for either of the above!

MOVE OF THE MONTH

FIGURE 4 STRETCH This gentle stretch targets the hips and glutes, helping relieve stiffness from sitting and cold winter weather. Lying on your back, cross one ankle over the opposite knee and gently draw the bottom leg toward your chest, keeping your shoulders relaxed and breathing slowly. Hold for 30-60 seconds per side. Move into the stretch gradually—this should feel like a gentle opening, not pain—and use it as a warm-up, cool-down, or quick reset on dark January days.



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.

For comments or questions about our Wellness programs, please contact Kym Porter: kym.porter@ymcadc.org