



**Y**  
**THRIVE**



## NEED ADDED SUPPORT?

### Try Small Group Training!

Improve cardiovascular fitness while getting individualized coaching in a motivating small-group setting. With only 3–5 participants, these sessions balance heart-rate work with strength and recovery. Days and times vary. Contact Kym Porter to register.



## TRAINER TIP OF THE MONTH



Your heart loves consistency. Aim for moderate movement most days of the week—even a brisk walk or short workout makes a difference.

## FEBRUARY IS HEART HEALTH MONTH!

This month we're focusing on keeping your heart strong through movement, consistency, and smart training. Whether you're building endurance, strength, or balance, every bit of movement supports a healthier heart.

### GROUP EXERCISE HIGHLIGHTS:

#### BURN AND TOTAL BODY CONDITIONING

These workouts are designed to enhance different aspects of physical fitness, including strength, endurance, balance, and agility. The classes incorporate a wide variety of equipment and include floor/mat work as well as free weight and bodyweight exercises.

#### CARDIOLITE

This low-impact dance class also incorporates training to improve posture, balance, coordination, range of motion, and muscle strength.

#### YOGA (all varieties!)

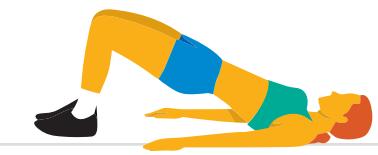
Yoga makes a great complement to higher-intensity workouts by supporting circulation, reducing stress, and improving mobility.

Check out our online schedule for schedule info and for plenty of other options!

### MOVE OF THE MONTH

#### MARCHING GLUTE BRIDGE

This strength move supports heart health by engaging large muscle groups and improving circulation. Lying on your back with knees bent, lift your hips into a bridge and slowly lift one foot at a time while keeping your hips steady. Alternate sides for 30–60 seconds. Focus on controlled movement and steady breathing.



## GROUP EXERCISE INCLEMENT WEATHER POLICY



Y Silver Spring follows public school closures and delays for early-morning classes. **Adjustments may be made throughout the day** for safety and operations. Please refer to the policy posted throughout the branch for full details.