

AOA Exercise Classes

**** Please check for any changes to the schedule during the Holidays****

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15 – 9:05 Fitness After Fifty Ester		8:15 – 9:05 Fitness After Fifty Ester	
10:00 – 10:45 Cardio Drumming\$ Ester	10:00 – 10:50 Mobility & Flexibility Sarah Cardio Drumming\$ Ester		10:00 – 10:50 Mobility & Flexibility Sarah Line Dance Anita	
11:15- 12:05 SilverSneakers Classic Kathryn		11:00- 12:00 Hula Hoop \$ Lilith 11:30-12:20 SilverSneakers Classic Wanetta	11:00 – 11:50 Chair Yoga Judi 11:00 – 11:30 Balance Class Sarah	11:00 – 11:50 SilverSneakers Circuit Kathryn
	11:00- 11:50 Line Dance Gigi		12:00 – 12:50 Polynesian & Hawaiian Dance Dahmia	
	12:15-1:05 SilverSneakers Yoga Anita		1:00-1:50 Belly Dance Dahmia	
	7:00- 7:50 Advanced Line Dance Gigi	7:00- 7:50 Hula Hoop \$ Lilith		*** Saturday*** 8:15 – 9:05 Fitness After Fifty Ester
	8:00- 8:30 Advanced Line Dance Gigi			

Information & Announcements

Couscous with Cranberries & Almonds

1 cup couscous
1 cup broth and
1 cup water
pinch of salt
¼ cup dried cranberries
1/4 cup toasted, slivered almonds
1/4 cup scallions, finely sliced
1/3 cup raspberry vinegar
1/8 tsp salt
pinch of black pepper
2 tsps honey
1/3 cup olive oil

Mix the couscous and salt in a heat-proof bowl. Bring the broth and water to a boil. Pour it over the couscous and immediately cover the bowl tightly with plastic wrap. Let it sit for 5 minutes.

Mix the vinegar, salt, pepper and honey together, slowly whisk in the olive oil. After 5 minutes, remove the plastic wrap and fluff the couscous with a fork. Add the cranberries, almonds, and scallions to the couscous along with enough dressing to coat well. You might not need all of the dressing, so just add a portion at a time. Adjust seasonings, if needed.

This dish can be served warm, at room temperature, or even cold. It makes a tasty, easy side dish for the holidays. It's delicious with turkey!

Holiday Health Hustle

Are the holidays making it difficult to get to all your exercise class? Sign up at the front desk to take part in the 24 days of holiday workouts on the Hillcrest Y Facebook page. Record your progress on the poster near the front desk. Complete all 24 days and receive a small reward. Start 2025 feeling great!

Bonus: A Free HIIT class Fridays at 9:00

Answers to Christmas Scrambler

Stocking, Fireplace, Chimney, Mistletoe, Ornaments, Tinsel, Sleigh, Presents, Twinkle SNOWFLAKE

Trainer's Corner with Anita

Tips to Control Holiday Weight Gain

'Tis the season when high-calorie temptations are seemingly everywhere – around the holiday table with traditional family recipes and desserts; cookies, baked treats and candy at the office; festive coffee drinks, eggnog, and cocktails with friends. These extra calories add-up causing many Americans to gain a pound or two by New Year's. Though it may seem harmless, the National Institutes of Health reports that most don't lose weight gained during the winter holidays, and holiday weight gain over the years is a significant factor in adult obesity. However, experts agree it is possible to enjoy holiday treats without gaining weight by exercising portion control and following these tips. 1) Eat a nutritious pre-party snack; 2) Focus on conversation instead of food; 3) Eat slowly to fill up with less food; 4) Set a limit on canapes and stick to it; 5) Use a small buffet plate, keep it simple with fresh fruit and vegetables, avoid sauces and dips; 6) Limit alcohol; 7) Limit sweets to small portions and only your favorites; 8) Bring your own low-cal treats; 9) Limit 'tastes' while cooking; 10) Make a new holiday tradition: take a family walk.

Womens' Wellness Weekend

Yes, it's gray outdoors, and gloomy, wet, and cold. But we're only 80 days away from Spring! And summer is not far behind. Start planning now for the best summer ever. The Womens' Wellness Weekend is coming on August 22-24. This 3 day event is a fun filled summer camp for women at beautiful Camp Fitch on Lake Erie. You can fill the days with fun activities like ziplining, archery, arts & crafts, fitness classes, paddleboarding, and more – or you can lounge on the sandy beach and relax with friends. Mark your calendars so you don't miss this amazing weekend!