

SHOW YOUR SOME LOVE

Heart Health Month | February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4 CLASSES SMALL GROUP TRAINING FOR \$14		Treat yourself to small group training in February and SAVE! Purchase a package of four sessions (\$30 value) for only \$14.					1 HEART HEALTHY TIP Take a 30-minute walk to improve the flow of oxygen throughout your body.
Sign up at the Welcome Desk or YMCAMKE.org . <small>Valid FEB 1-23, 2025 for YMCA of Metropolitan Milwaukee members only. Limit one discounted package of four (4) sessions per person. Package must be purchased prior to attending class. Space is limited; reservations required. Sessions are non-refundable, non-transferrable, and expire FRI, FEB 28, 2025. Additional restrictions may apply.</small>							
2 HEART HEALTHY TIP Aim for 7-9 hours of sleep to give your heart a rest.	3 Heart Healthy Kids [^] 9:00 AM (B) Cardio Mix 9:30-10:00 AM (B) Heart Crafts & Dance [^] 10:15 AM & 5:15 PM (RH) Blood Pressure Checks 11:30 AM - 1:00 PM (B) InBody Assessments 12:00-2:00 PM (RH)	4	5 Blood Pressure Checks 9:00-11:00 AM (RH) EGYM Orientations [*] 11:00 AM - 1:00 PM (RH)	6	7 NATIONAL WEAR RED DAY [®] COFFEE CONNECTIONS: Healthy Heart [*] 11:30 AM - 12:30 PM (B) Community Family Night [*] 6:00-8:00 PM (RH)	8 HEART HEALTHY TIP Connect with friends or family to reduce stress, which is important to heart health.	
9	10 Heart Crafts [^] 8:00 AM - 12:00 PM & 4:00-8:00 PM (B) Cardio Mix 9:30-10:00 AM (B) Blood Pressure Checks 11:30 AM - 1:00 PM (B)	11 Heart Crafts [^] 8:00 AM - 12:00 PM & 4:00-8:00 PM (B) Heart Healthy Kids [^] 9:00 AM (B) Injury Screenings 10:00 AM - 12:00 PM (RH) Heart Crafts & Dance [^] 10:15 AM & 5:15 PM (RH)	12 Heart Crafts [^] 8:00 AM - 12:00 PM & 4:00-8:00 PM (B) Blood Pressure Checks 12:00-2:00 PM (RH)	13 Heart Crafts [^] 8:00 AM - 12:00 PM & 4:00-8:00 PM (B) Flex & Exhale 11:30 AM - 12:00 PM (RH)	14 Heart Crafts [^] 8:00 AM - 12:00 PM (B) Heart Healthy Eating [*] 11:30 AM - 12:30 PM (B) Community Blood Drive [*] 12:00-4:30 PM (RH) Tango & Rumba [*] 6:00 - 7:00 PM (B)	15 ZUMBA Party [*] 11:00 AM - 1:00 PM (RH)	
16 HEART HEALTHY TIP Start self-monitoring your blood pressure to know your numbers and discuss with your doctor, if needed.	17 Cardio Mix 9:30-10:00 AM (B) Flex & Exhale 12:00-12:30 PM (RH) Blood Pressure Checks 11:30 AM - 1:00 PM (B)	18 Healthy Hearts Talk [*] 11:00 AM - 12:00 PM (B)	19 Heart Healthy Kids [^] 9:00 AM (B) Heart Crafts & Dance [^] 10:15 AM & 5:15 PM (RH) Blood Pressure Checks 12:00-2:00 PM (RH)	20	21 DASH Way of Eating [*] 11:30 AM - 12:30 PM (B)	22 HEART HEALTHY TIP Eat five servings of vegetables and fruits to increase your fiber intake.	
23 HEART HEALTHY TIP Incorporate heart healthy fats into your diet from foods like avocado, salmon, nuts, and seeds to reduce inflammation.	24 Cardio Mix 9:30-10:00 AM (B) Blood Pressure Checks 11:30 AM - 1:00 PM (B)	25	26 Blood Pressure Checks 12:00-2:00 PM (RH)	27 Heart Healthy Kids [^] 9:00 AM (B) Heart Crafts & Dance [^] 10:15 AM & 5:15 PM (RH)	28 WE WEAR BLACK DAY Lowering Sodium Intake [*] 11:30 AM - 12:30 PM (B)	*PLEASE REGISTER ONLINE IN ADVANCE ^INCLUDED W/CHILD WATCH	

Cardio Mix^{**} | FEB 3, 10, 17 & 24
 Increase your heart rate with a combination of core, strength, and aerobic exercises.

Heart Healthy Kids | FEB 3, 11, 19 & 27
 Kids from Child Watch can enjoy sweet and fun exercises inspired by Valentine's Day.

InBody Assessments | FEB 3
 Get a quick, non-invasive analysis to help you tailor your diet and exercise. Download the InBody app in advance.

National Wear Red Day[®] | FEB 7
 Wear red to raise awareness about heart disease.

Injury Screenings | FEB 11
 Discuss your previous injuries with a physical therapist from PT Solutions. Please wear workout clothes and shoes.

Flex & Exhale^{**} | FEB 13 & 17
 Strengthen your heart using your body weight for resistance, then regulate your heartbeat with breathing exercises.

ZUMBA[®] Party | FEB 15
 Let the upbeat rhythms move you towards better heart health during an energy-boosting dance party.
AGES 13+: \$15/Member, \$30/Non-Member.

We Wear Black Day | FEB 28
 Honor Black History Month by wearing black.

**Visit ymcamke.org/schedules or use the YMKE app to reserve a spot.

FREE SEMINARS OPEN TO THE COMMUNITY
Heart Healthy Eating | FEB 14
 Learn how to eat in order to prevent cardiovascular disease, plus a few strategies for dining out.

Healthy Hearts Talk | FEB 18
 A specialist from the Franklin Health Department will share facts about heart conditions and stroke so you can confidently make changes to improve your health.

DASH Way of Eating | FEB 21
 Find out how the DASH (Dietary Approaches to Stop Hypertension) diet can improve your blood pressure.

Lowering Sodium Intake | FEB 28
 How do nutrition choices impact your blood pressure? Gain strategies for maintaining heart health.