



For October release

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Families Strike a Pose for Fitness

Organizations offer free family yoga class on Phipps' front lawn.

Pittsburgh, Pa. — Whether you have always wanted to try yoga or are a yoga aficionado, grab your mat (if you have one) and head to [Phipps Conservatory and Botanical Gardens](#) on Sun., Oct. 23, at 9 a.m. — and bring the kids! This is one great way to keep the kids occupied and get some stress-free exercise at the same time. You will enjoy an hour of fitness and mindfulness, presented in partnership with the [YMCA of Greater Pittsburgh](#). Family members of all ages are invited to attend this free yoga class led by a certified YMCA yoga instructor on Phipps' front lawn.

After this yoga class, [Let's Move Pittsburgh's](#) Family Fitness classes will reconvene in November, with a new twist. Family Zumba, a high energy dance class, will keep the whole family in shape while having fun. Family Fitness classes are part of Let's Move Pittsburgh's efforts to increase children's health in the region and encourage families to come together to celebrate fitness.

Advanced registration is required for this class, as space is limited. Participants are asked to arrive fifteen minutes early and bring their own water and yoga mat or towel. For more information or to register, please visit letsmovepittsburgh.org/familyfitness.

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About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

About Let's Move Pittsburgh: Let's Move Pittsburgh, an initiative of Phipps Conservatory and Botanical Gardens supported in part by UPMC Health Plan, is a collaborative effort of organizations, healthcare providers, educators, parents and caregivers in southwestern Pennsylvania committed to leading children in the region toward a healthier future. The program is inspired by First Lady Michelle Obama's *Let's Move!* campaign to curb childhood obesity through raised awareness about the benefits of healthy foods, decreased screen time and increased physical activity for children.

About the Y: [The Y](#) is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. [The YMCA of Greater Pittsburgh](#) is a 501c(3) charitable organization dedicated to nurturing the potential of every youth and teen, improving the nation's health and well-being and providing opportunities to give back and support neighbors. Programs offered by the YMCA of Greater Pittsburgh serve more than 90,000 individuals each year and include after-school care and childcare, outdoor camping, community outreach, sports, health and

fitness, youth counseling and senior assistance. Every day, the Y works side by side with its neighbors to ensure that everyone regardless of age, income or background, has the opportunity to learn, grow and thrive.

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