



FITNESS FEATURE



MEET WANDA THE EMPLOYEE OF THE MONTH!

WANDA THORPE, our Zumba, LA Blast, Salsa and Merengue dance instructor was voted Employee of the Month of June. She is dedicated to her students and displays her passion for teaching with the energy she brings to every class! Wanda is always ready and willing to sub a class or give a helping hand.

Her students absolutely adore her as well as we at the YMCA! It was an extra special week for her as it was her birthday!



Friday Night DANCE PARTY



We had our Summer Kickoff Dance Party on Friday, June 13. It was a blast! Instructors Wanda, Brittany and Ivory led students through a variety of dance formats such as Belly Dancing, Ball Room Dancing, Zumba and X-treme Hip Hop to name a few. Members had so much fun and danced with energy and enthusiasm! What a great way to spend a Friday evening! It was a great opportunity to bond with other members and the instructors.



MEET THE FUNCTIONAL TRAINER! CYBEX BRAVO PRO 58

This piece of equipment sits in the back of the wellness floor. It looks intimidating but allows you to perform a wide variety of exercises to target the lower and upper body as well as the core. You can perform compound or isolation muscle movements utilizing cables with the choice of using a variety of handle attachments. It's a multi fitness level piece of equipment used by beginners as well as advanced fitness enthusiasts. The cable system provides a low chance of injury.



Not sure how to use it? No problem! One of our wellness coaches on the floor can assist you. You can also purchase the Best Start Personal Training package which offers two 1 hour sessions for \$99. This promotion is available only for the first time personal training purchases.

MEET LEA KOHLER

Hi I'm Lea! I have a career in IT by day and a passion for fitness instructing, soccer coaching/officiating, hanging out in the Reston area, and seeing how much of the world I can cover during the time that remains. I have many hobbies, but one of my latest is sprint team relays with 4 accomplished. I also have an interest in navigating and preventing sports injuries with having a few myself. I love movement and seeing what the body can do in my daily life as well as for others. Fitness is for any age and background which makes it so unique and fun for us to explore! I love the variety and have certified in classes varying from stretching to strength and cardio/athletics. I hope to see you at a class or around the gym, and in the meantime: **"Good, better, best. Never let it rest. Until your good is better and your better is best."**

- Tim Duncan

Try Lea's amazing Les Mills Body Pump/Body Balance Friday mornings at 6:15am!



GROUP EXERCISE UPDATES

CLASS ADDITIONS:

Advanced Tabata Challenge on Thursday mornings at 6:15am

CLASS CANCELATIONS:

Aqua Yoga Wednesday mornings at 8am

CLASS TIMES:

There will be a one hour long Body Pump class on Thursday evenings at 5:00pm. This will replace the existing condensed 45 minute session.