



# FITNESS FEATURE



## GROUP EXERCISE UPDATES

### CLASS CANCELATIONS:

Tuesday and Thursday Advanced Tabata Challenge with Kasia at 6:15am will be cancelled.

## TOUR DE WORLD CYCLE RIDES



All the month of July members were welcomed and encouraged to participate to help accumulate 24,901 miles (distance around Earth) on any bike inside the Y or by riding outside on their own bike. A big white board was placed on the wellness floor for members to record their miles.

## FITNESS TIP

### The Glute Bridge exercise:

Glute bridges are a simple yet effective exercise that primarily targets the gluteal muscles (buttocks), hamstrings, and core. To perform a glute bridge, you lie on your back with knees bent and feet flat on the floor, then lift your hips off the ground, creating a straight line from your shoulders to your knees. This exercise is



beneficial for strengthening the lower body, improving hip mobility, and enhancing posture. It also helps alleviate lower back pain and can be a good starting point for more advanced exercises.

## MEET SHERRY NARAYAN



Hi! My name is Sherry Narayan and I'm the Group Exercise Coordinator here at the YMCA. I'm also a group fitness

instructor and personal trainer. My degree is in Social Work, but after I had my second child I transitioned to the fitness industry. Within a year after receiving my group fitness certification and teaching various formats, I became a certified personal trainer. Being in this industry for 10 plus years, I've been fortunate enough to work in a variety of fitness facilities and meet incredible people. What makes me happy is when my students and clients have a look of satisfaction and tell me that they enjoyed their workout! I tell myself to make each class the best I ever taught! I am very passionate about

educating myself on learning the proper form and techniques of a particular exercise as well as fitness in general. I absolutely enjoy my position as coordinator here at the Y! My colleagues and the members make me look forward to come into work each day. I want to make sure members and instructors are satisfied in the fitness programs we have to offer.

Be sure to pick up a copy of our group fitness class schedule or look online and try my classes. The classes I teach here are cycle, Pilates and Barre Fusion.

I would be thrilled to have you as my personal training client in which I can develop an individual fitness program to help you reach your goals.

Stop by my office anytime to say hello! If you have any questions/concerns, I would be happy to help!

## PAST EVENTS IN JULY

### July 4<sup>th</sup> Special Kickboxing Strength

Dual Partner Class taught by Katy and Nicole:

It was 'Double Trouble' on July 4th when two of our awesome instructors, Katy and Nicole teamed up and taught Kickboxing Strength where members punched and kicked their way to fitness!



## EVENTS IN SEPTEMBER

YMCA Fairfax County Reston's  
25<sup>th</sup> Anniversary Jubilee  
Celebration Saturday,  
September 6 from 3-7pm!



Family fun events for members and the community are welcomed to participate in the fun and festivities! Our wellness event will be a Special Line Dancing class from 5-6pm. More information to come!

