



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LINE DANCING CLASS



SATURDAY,
OCT. 25
5-6 PM

YMCA Fairfax County Reston
Studio A/B

FREE

for members and
the community!



We would like to welcome Kristen Pierce in association with JST Athletics and Dance, for a fun-filled Line Dancing class in honor of the Reston YMCA 25th Anniversary Jubilee!

Line dancing is a fun choreographed form in which a group of people performs a series of steps in unison while arranged in lines, typically facing the same direction.



Meet your instructor Kristen Pierce...

As a fitness professional for over thirty years, Kristen Pierce holds a variety of certifications and teaches many forms of rhythmic movement, bringing the joy of exercise to each of her students. From Hi/Lo Aerobics to Ballet Barre, from Line Dancing to Yoga, Step, and much more, she integrates the best of all fitness modalities, believing that each informs the others. Kristen strives to honor the wisdom of the body in every endeavor and compassionately encourages her students to do the same, using mindful movement, a sense of humor, and great fun!

Limit: 45 people. First come, first served.