

FITNESS FEATURE



DECEMBER GROUP EXERCISE SCHEDULE UPDATES



NEW CLASSES!

1. **Step and Strength** on Thursday mornings at 8:00-8:45 am
2. **Chair Yoga and Reflection** on Monday afternoons at 12:00-12:45 pm (This will take the place of our previously scheduled Forever Fit Chair at that time and day).
3. **Cycle** on Sunday mornings at 8:30am-9:15am

CLASS CANCELLATION:

1. **Kickboxing** on Thursday mornings at 8:00am
2. **Cycle/Core** on Sunday mornings at 10:00am

Please be sure to attend our upcoming workshop on **how to manage Parkinson's Disease** on Wednesday, December 17, from 1-2pm in Studio A. This will be presented by Dana Rizzo, RN,BSN, ACM-RN.



Please be sure to check out our **Pedaling For Parkinson's** cycle classes funded by the Parkinson's Foundation. It is open to both members and non members at no cost. This class is offered three times weekly in our cycle studio on Mondays and Thursdays at 10:00 -11:00 am, as well as on Wednesdays at 1:00- 2pm.

Our regular participants have indicated that it has enhanced their fitness level and has helped them manage their Parkinson's disease.

MEET SHERRY STEINER...



Sherry discovered her passion for Pilates at the age of 50, shortly after her youngest child left for university. After years as a stay-at-home mom, she was ready for a new purpose and mission. As an avid exerciser, transitioning into a career focused on helping others improve their fitness felt like a natural next step.

Her own fitness journey includes overcoming four orthopedic surgeries, which gives her a deep understanding and empathy for students recovering from injuries or preparing for surgery. For the past 11 years, Sherry has found immense fulfillment and joy in teaching Pilates—guiding others toward strength, confidence, and well-being through mindful movement.

You can catch Sherry substituting any of our various scheduled Pilates classes!

EVENTS THAT OCCURRED EARLIER



FRIDAY NIGHT HOLIDAY DANCE PARTY:

On Friday, November 21st, we kicked off the holiday season with a dance party to remember taught by some of our amazing instructors and it was a success! Wanda, Ileana, Ivory, Jesse and Brittany got the crowd moving with various dance formats such as Line Dancing, Zumba, LA Blast, Belly Dancing and Xtreme- Hip Hop! We missed our other fabulous dance instructors who were unable to participate.



YMCA FAIRFAX COUNTY RESTON 25TH ANNIVERSARY JUBILEE:

In honor of our 25 years of being in Reston, we celebrated in style on Saturday, October 25th



with a variety of events and activities for children and families. One of the featured events was a special line dancing class with a guest instructor, Kristen Pierce in association with JST Athletics and Dance. She led a fun dance fitness class where members had a blast!

FITNESS TIP



The holiday season gets busy with celebrations, travel and events. Experts say it's okay to take a break from your fitness routine once in awhile. They say taking a break provides rest and recovery, prevents overtraining, enhances performance, and renews you both mentally and physically.