

YMCA RESTON



FITNESS FEATURE



February 2026 Edition



MEET NICOLE GILLEN...

Nicole is one of our group fitness instructors and has also recently joined our personal training team!

Nicole's fitness philosophy is to "train for the life you want and find joy in the process. Fitness is the elixir of life!"

She feels, personal training is a way in which she can share her love of being strong with others. Nicole loves the one to one experience when training a client. She feels it is wonderful to know how much she might have helped someone along in their fitness journey.

If you are interested in receiving personal training from Nicole, please inquire at the front desk and fill out the [Wellness Personal Training Request Form](#).

Nicole also teaches several group exercise classes such as **Strength, Toning and Balance, Power Zone** and **Barre Cardio Interval**. Pick up one our monthly group exercise schedules for further details and try a class with her!

GROUP EXERCISE UPDATES

CLASS CHANGES: Tuesday, 5:30pm Strength, Toning and Balance will replace Barre Fusion at that time.

PAST EVENTS

January 1, 2026 (New Year's Day)
kicked off the New Year with a special group exercise class schedule!



Les Mills Body Pump was team taught by Amy and Holly. Together they got members to start the year stronger! It is a choreographed group fitness class using a barbell with light to moderate weights and high repetitions to provide a total body strength workout, designed to tone muscles, build strength, improve bone health and burn calories! Please pick up a group exercise schedule to view various times Body Pump is offered.



Mei-Wen and Qijing taught a **Partner Yoga** class bringing people together for the New Year!

Partner Yoga benefits include improved communication, deep trust, and greater mindfulness by building connections through teamwork of movements and poses. It focuses on improved balance, flexibility, and strength through assisted movements, stretching and support, making it great for couples, friends or family to bond, reduce stress, enhance mood and have fun. This class is offered during special events.



FITNESS TIP:

WHAT ARE FALL PREVENTION EXERCISES? Fall prevention exercises are important for maintaining balance, strength, and mobility in older adults. Everyday movements become safer and provide more confidence. The best part is that these exercises can be done at home without special equipment. By incorporating fall prevention exercises into daily routines, it can reduce the fall risk of falling, enhance gait stability, and maintain the ability to perform daily activities independently.

EXAMPLE OF EXERCISES:

1 FOOT TAPS

Stand tall with your feet hip-width apart in front of a step. It can also be the bottom step of a staircase or low piece of furniture that's stable.

Slowly raise one foot to tap the step in front of you, and then return it to the floor.

Perform several taps, then repeat on the opposite leg.

If needed, hold onto the wall or a sturdy piece of furniture for balance. As you get stronger, perform the move without holding onto anything.



2 WEIGHT SHIFTING

Standing with your feet at hip-width, shift your weight to one side, lifting your opposite foot off of the floor.

Hold the position as long as you can, then shift to the other side and repeat as many times as you are comfortable.

If you are unsteady when you first start, use a wall, countertop, or a sturdy chair to help you keep your balance.

3 ONE-LEGGED BALANCING

Start with your feet at hip-width and your hands on your hips.



Lift one leg, bending at the knee. Hold this position for as long as you feel comfortable.

Alternate with the other leg and repeat as many times you desire.

If you are unsteady when you first start, use a wall, countertop, or a sturdy chair to help you keep your balance.