



## MEET AMELIA FLYNN



Amelia is thrilled to join the Reston YMCA as their newest dance fitness instructor. As a LaBlast instructor, she brings energy, rhythm, and passion to every class by taking basic ballroom patterns from a wide variety of dances – from Viennese Waltz, Tango, and Paso Doble to East Coast Swing, Rumba, Cha-Cha, Jive, and more – and making those steps accessible to students of all ages and skill levels. Amelia encourages students to push and challenge themselves as they connect with the music and movements physically, mentally and emotionally. Her LaBlast classes are designed to leave participants feeling empowered, inspired, and energized.

Outside of her LaBlast class, Amelia is a competitive ballroom dancer who enjoys participating in ballroom events around the DMV area. While she has competed in multiple ballroom categories – including American Rhythm, Club, and International Standard dances – her heart lies in competing the American Smooth dances – Waltz, Tango, Foxtrot, and Viennese Waltz – and her prepared show dance pieces. Amelia is also preparing to compete in her first sprint triathlon in June. When she's not in the gym or the ballroom, Amelia works as a prosecutor to keep the community safe while providing justice and a voice to child and adult victims alike. Amelia also enjoys spending time with her family, including her wife, Melissa, her mother, Joy, and her dog, Elvis.

**You can take Amelia's LaBlast class on Thursday evenings at 6:30pm!**

## GROUP EXERCISE UPDATES

### NEW CLASS:

- Power Yoga on Saturdays at 12pm

### INSTRUCTOR CHANGES:

- Jessie will teach Tuesday, 11am YFit4Life
- Deb Yang will be teaching YFit4Life on Thursdays at 10am
- Deb Yang will teach Gentle Yoga at 11am on Thursdays

### CLASS CANCELATIONS:

- Strength, Toning and Balance on Tuesdays at 5:30pm
- Tai Chi Sword on Saturdays at 12pm

### CLASS TIME CHANGES:

- Body Pump on Thursday mornings will start at 8:55am

## HEALTHY KIDS DAY EVENT



Saturday, April 18 was our Reston YMCA Healthy Kids Day Event! This is a yearly nationwide Y initiative where we offer free and fun activities for families and children. Ms. International, Nicky Kandola, spoke about the importance of maintaining a healthy lifestyle. Wanda Thorpe taught a children's Zumba class.



## FITNESS TIP

### What is good posture?

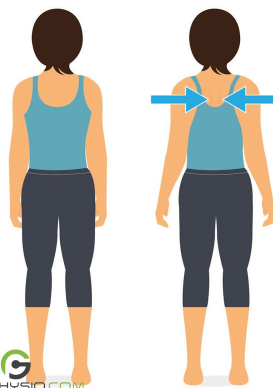
Good posture involves holding your body upright so that your head is aligned above your shoulders, your shoulders are over your hips, and your weight is evenly distributed over your feet when standing. Proper posture also engages core muscles to support balance and stability.

#### Why is it important?

1. Reduces strain on muscles and joints, preventing pain and fatigue.
2. Supports spinal health by preserving natural curves and preventing degeneration.
3. Increases the effectiveness of moving day to do when performing activities.
4. Enhances breathing and organ function by reducing pressure on the diaphragm and internal organs.
5. Boosts confidence and appearance.

### 2 Simple Posture Exercises

1. **Shoulder Blade Squeeze:** This can be done either seated or standing. Sit or stand upright and squeeze your shoulder blades together, hold for 5 seconds then release. This strengthens the upper back muscles preventing shoulders from slumping forward.



2. **Doorway Stretch:** Stand in a doorway and place both hands on the frame and gently lean forward to stretch the chest and shoulders. This counteracts tightness in the chest from continued sitting and slouching.

