

YMCA ARLINGTON



FITNESS FEATURE



MEET CARMEN WEST



Hi, I'm Carmen West, the new Wellness Coordinator!

I'm passionate about creating fun, motivating, and welcoming fitness

experiences for every member. I especially love teaching Mat Pilates, Boot Camp, and Cycle classes, where I enjoy helping participants build strength, confidence, and healthy habits while bringing positive energy to every workout.

Although I've been teaching group fitness for about a year, my passion for health and wellness has inspired me to continue growing as an instructor. I'm currently studying for my Athletics and Fitness Association of America (AFAA) Group Fitness Certification to further expand my knowledge and provide the best possible experience for our members.

Outside of the YMCA, I'm a Hot Girl Walk Ambassador in Washington, DC, a member of District Run Collective, and I've completed multiple 5Ks this year. Whether I'm leading a class, participating in community fitness events, or pursuing new certifications, I'm always looking for ways to inspire others to move, feel their best, and enjoy their wellness journey.

It's a privilege to be part of our incredible YMCA community, and I can't wait to meet you. I hope you'll join me for a class soon!

WE OFFER LES MILLS GROUP FITNESS CLASSES!



Les Mills offers a wide range of science-backed, high-energy workouts for strength, cardio, martial arts, and mind-body fitness.

The workouts are designed to improve strength, endurance, agility, and overall fitness through structured, music-driven sessions. Programs we offer include: **BODYPUMP**: A tempo-based weightlifting workout that builds lean muscle and strength using high-rep resistance training with minimal intimidation, suitable for all fitness levels.

FITNESS TIPS

You can stay active on vacation by combining bodyweight exercises, outdoor activities, hotel gym sessions, and utilizing travel-friendly equipment to maintain your fitness routine. Going on vacation does not always mean sacrificing your regular workouts. If you are staying in a hotel, see if they have a gym. Try to schedule workouts first thing in the morning before starting activities for the day. If you are in a beach resort, you can go swimming in the pool.

Lots of resorts offer water exercise classes. Body weight exercises such as squats, wall sits, lunges, pushups, planks and ab curls can be done in a hotel room or at a friend's house.

If you are sightseeing, you may be doing a lot of walking. One portable piece of fitness equipment that is light and easily fits into a suitcase is an elastic tubing resistance bands or flat bands. They come in a 3-4 resistance levels such as light, medium, heavy and extra heavy.

There are endless amounts of exercises that can be done with bands. Below are a examples of some upper body exercises:



Band Squats

Tip: Keep your chest up, push your knees out against the band, and drive through your heels to activate your glutes and legs.



Band Rows

Tip: Squeeze your shoulder blades together as you pull, keeping your elbows close to your body and your back straight



Band Chest Press

Tip: Press the band straight forward without locking your elbows. Keep your core tight and shoulders relaxed.



Band Glute Bridge

Tip: Push through your heels, squeeze your glutes at the top for 2 seconds, and avoid arching your lower back



Band Lateral Walks

Tip: Stay in a slight squat, keep constant tension on the band, and take slow, controlled side steps.



Band Tricep Extensions

Tip: Keep your elbows tucked in and extend your arms fully while avoiding movement in your shoulders.



Shout Out to
CHRISTINE JONES
on 6 Years Teaching Zumba

Shout Out to
CORINNE KUNTZ
on 1 Year Teaching Yoga, HIIT, Barre