



FITNESS FEATURE

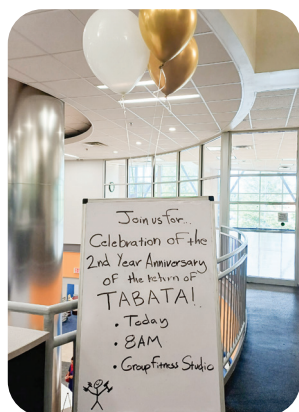


TWO YEAR ANNIVERSARY



for Kasia's Saturday, 8am
Tabata Challenge class!

Kasia Bochenek teaches a challenging and intense Tabata Challenge class on Saturday mornings at 8am. It's been 2 years since the class started and the attendance and popularity has grown. Kasia and her students celebrated 2 years of hard work on Saturday, June 6! Give it a try...



WHAT IS A TABATA WORKOUT?

A Tabata workout is a form of high-intensity interval training (HIIT) that follows a very specific timing pattern:

- **20 seconds** of all-out exercise
- **10 seconds** of rest
- Repeat for **8 rounds** (4 minutes total)

The original protocol was developed by Japanese researcher Izumi Tabata for improving both aerobic and anaerobic fitness.

MEET HOLLY ARMSTRONG

I'm Holly, and I teach BodyPump Thursdays at 5:45PM. It's so much fun to get in strength training right after work with the effort and energy brought by the members. I've enjoyed taking BodyPump classes for over 20 years, and have been teaching now for 7. I also run, and have completed multiple marathons and ultra marathons. I'm a Mom to an energetic 10 year old, and a high school art teacher in Loudoun County.

It is truly a privilege to be part of our dedicated YMCA community. Come in to catch a class sometime soon!



WE OFFER LES MILLS GROUP FITNESS CLASSES!

LES MILLS

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.
- **BODYCOMBAT:** A martial arts-inspired cardio workout that improves agility, speed, and cardiovascular fitness without physical contact, combining kicks, punches, and dynamic movements.
- **BODYBALANCE** blends yoga, Tai Chi, and Pilates to improve flexibility, core strength, and mental focus.

Pick up a
group fitness
schedule and
try a class!

FITNESS TIP

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:

1. RESISTANCE BAND PUSH-UP:



- Target: Chest, shoulders, triceps.
- How to do it: Wrap the band around your back and hold the ends under your hands. Get into a plank position and perform a push-up, using the band for added resistance.

4. BICEP CURL:



- Target: Biceps.
- How to do it: Stand on the band with feet shoulder-width apart, hold the ends, and curl your arms up towards your shoulders.

2. STANDING BAND CHEST PRESS:



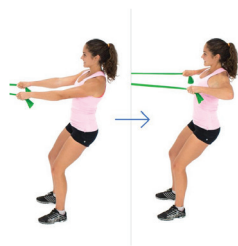
- Target: Chest, shoulders, triceps.
- How to do it: Anchor the band at chest height, hold the ends, and press forward until your arms are straight. Return slowly to the starting position.

5. TRICEP EXTENSION:



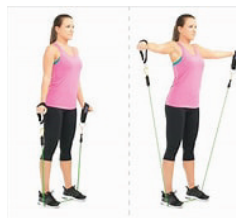
- Target: Triceps.
- How to do it: Anchor the band above you, hold the ends, and extend your arms downwards, keeping your elbows close to your head.

3. RESISTANCE BAND ROW:



- Target: Back, biceps.
- How to do it: Wrap the band around a sturdy piece of furniture holding both ends with each hand. Pull the band towards your chest and squeeze your shoulder blades and release slowly.

6. LATERAL RAISE:



- Target: Shoulders.
- How to do it: Stand on the band, hold the ends at your sides, and raise your arms out to the sides until they are parallel to the ground.