

FITNESS
FEATURE

GROUP EXERCISE UPDATES

CLASS ADDITIONS:

- Kick and Burn on Fridays at 9am
- Pilates Reformer classes are coming back this fall! Please keep a look out for more information to register.

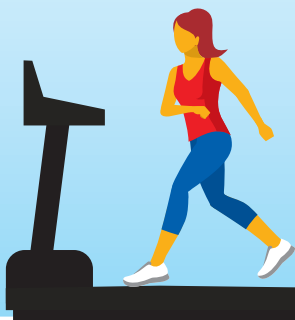
CLASS CANCELLATIONS:

- Starting Over on Mondays at 9am

FITNESS TIP

Making a commitment to exercise. We all know how important exercise is. ACSM (American College of Sports Medicine) recommends that **healthy adults participate in either:**

- Moderate-intensity aerobic activity for at least 30 minutes on 5 days per week, or
- Vigorous-intensity aerobic activity for at least 20 minutes on 3 days per week.
- All adults should perform muscle-strengthening exercises for all major muscle groups at least 2 days per week.
- Flexibility exercises are recommended to maintain joint range of motion, ideally performed on most days.



MEET QIJING YUE

Qijing began her journey in martial arts and Tai Chi in 1979 and has been sharing her passion as a Tai Chi instructor since 1997. She joined YMCA in 2006. With decades of experience, she has introduced hundreds of



individuals from all walks of life to the transformative practice of Tai Chi. In addition to her Tai Chi expertise, Qijing is a certified Health Qigong instructor (since 2011) and a Registered Yoga Teacher (RYT 200) through Yoga Alliance since 2008. Qijing holds a Ph.D. in Mathematics and brings a thoughtful, analytical approach to her movement practices. Her teaching emphasizes Tai Chi principles, body-mind integration, and the physical techniques that elevate Tai Chi, Qigong, and yoga as powerful tools for well-being.

Qijing competed in Tai Chi internationally. Most recently, she was a US team member in 2017, 2019 USA Kung Fu Team and gold medalist, and 2018 World Taijiquan Championships that she won a bronze medal.

Please take a look at our monthly group exercise schedule to look for classes that Qijing teaches!

GOODBYE & BEST WISHES
KATY YATES!

We wish Katy, our Membership Director who has ventured on to a new chapter in her career. Katy is starting a position at the Fairfax County Park Authority as Fitness Director for Oakmont Rec Center. She will be missed! Katy has been a Y employee for several years in different states. She is a certified Personal Trainer and Group Exercise Instructor. Katy wore multiple hats at this center. She increased membership revenue, taught fitness classes, personal trained clients, facilitated a Women on Weights small group training program as well as coordinating the annual Power Lifting contest in March in order to raise money for the YMCA! We wish her all the best!

