



FITNESS FEATURE



MEET KATE KERN

Kate is a Pilates Instructor with more than 20 years of experience. She remembers being introduced to the “100” for the first time in a mat class at the YMCA and thinking, “This is fun and challenging. I have to tell other people about it!” Her enthusiasm for practicing Pilates quickly grew into a love for teaching. She has worked to build a knowledge base specifically to help her clients free themselves from chronic pain and build the strength and flexibility necessary to prevent further injuries. It is her goal to help others find the confidence and joy that comes with moving their body effortlessly through space.



Kate teaches both Pilates Mat and Reformer. You will see her subbing our Mat Pilates classes from time to time. She will be offering fee based reformer classes soon. Please look out for it!

GROUP EXERCISE UPDATES

NEW CLASSES:

- Body Strength with Sean on Mondays at 9:00am in Studio A.
- Tai Chi Fan/Sword with Qijing on Saturdays at 12pm in Studio A (Yes... It's back!)

CLASS CANCELLATIONS:

- Power Yoga on Saturdays at 12:00 pm
- Yoga on Thursday mornings at 7:00 am

UPCOMING FITNESS EVENT

FRIDAY NIGHT

DANCE PARTY



Friday Night Dance Party on **Friday, November 6** from 6:00pm-7:30pm!

Mark your calendars! Details to come...

A Pilates Reformer class is a low-impact, full-body workout performed on a specialized machine that uses springs and a sliding carriage to enhance strength, flexibility, balance, and core stability.



During a class, participants perform a series of **slow, deliberate movements** while lying, sitting, kneeling, or standing on the carriage. The instructor adjusts the spring tension to modify resistance, providing either more support or a greater challenge for balance and coordination.

FITNESS TIP

HOW MUCH WEIGHT IS TOO MUCH IN STRENGTH TRAINING?

“Too much” weight in strength training is when the load, volume, or frequency exceeds your body’s ability to recover, leading to overtraining, injury risk, or stalled progress.

Overtraining happens when the **volume (sets/reps)** and **intensity (weight/load)** of your workouts surpass your recovery capacity. This can occur even with heavy weights if rest, nutrition, and sleep are insufficient.

