



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

OCTOBER 8 | 2021

RADY TRAINER PROFILE: LINDSEY GUDBJARTSON



How long have you been at the Rady?
Since June 2018

Why do you love training/teaching at the Rady?

I love the atmosphere, the opportunity to work with a diverse group of individuals and the platform to push the limits using quality equipment. The Rady I would consider to be a hidden gem that is welcoming for all stages of life, and I think that is a pretty special thing!

What is your favorite class/workout? Cardio junkie right here; rower, running, stair master, skipping rope and Jacob's ladder. Also love HIIT, CrossFit and boxing workouts! Favourite class to teach is HIIT/Tabata or Yoga! But truthfully, I love what I do and every class brings a little joy to my heart!

During these challenging times, what motivates you to keep fit and active? Staying active is our best defense especially right now! I am self-motivated to work at being the healthiest strongest version of myself but that doesn't come with its own daily hurdles. Being a mom of two kids under two I understand it is not always easy to get in a workout or find that last ounce of energy needed! It is not selfish to take the time for some selfcare. You cannot be the mother you need to be when your tank is empty, and your needs are not being met. I hope that I can also inspire women to find their sport or activity and run with it. Never give up, workout at all stages of your life and embrace each with grace. Our bodies are incredible and strong but its our mindset that will set us in the direction we want. You can do it.

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TRAINER VIDEO



Check out Rady Fitness Instructor & Trainer Lindsey Gudbjartson as she talks about the Rady's newest Fitness Class, HIIT express!

THE DEEP END

A big Rady Welcome to our **NEW Head Lifeguards Jayden Dyck** and **Emma Schjerner**.



Knowing how to swim is a life skill that should be practiced at all ages. In fact, the 2021 drowning report by the Lifesaving Society of Manitoba states that the highest age group of drownings during 2014-2018 were aged 50-64.

[See report](#)

Here at the Rady we offer group adult swim lessons and private swim lessons for those wishing to improve their swimming ability. Registration for the Winter Session (Jan-Mar 2022) will be in December 2021.

[Pool Schedule](#)

BOOT CAMPS WITH KEVIN ROY



BEGINNER
Mondays | 6:15-7:00 am

ADVANCED
Tuesdays | 5:15-6:15 pm

ALL FITNESS LEVELS
Wednesdays | 6:15-7:00 am
Thursdays | 5:15-6:15 pm

All classes 8 weeks

[Register](#)

CLASSES BEGIN OCT 18

ACTIVE LIVING

Check out the expanded line-up of classes!

[Classes](#)



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