

## Welcome to the Rady Bench Press!

This brand-new Rady fitness publication is developed specifically for you. Twice a month, the Rady Bench Press will break down all the exciting things happening in our fitness and aquatics centre. You will meet our trainers and staff, get an insider's look at our cutting-edge fitness equipment and fitness classes, and have opportunities for different virtual engagement.

We hope you enjoy!

### RADY TRAINER PROFILE: SCOTT MAGNUS



**How long have you been at the Rady?** I have been a member since 2012 and staff since 2019.

**Why do you love training at the Rady?** I have always spoken of the Rady as a hidden gem. The atmosphere and the environment here speak for itself.

**What is your favorite workout?** I lean toward a structured and planned weight workout combined with flexibility training, geared toward performance and functional strength.

**During these challenging times, what motivates you to keep fit and active?** As a former police officer, I am extremely aware of the role a healthy body plays in regard to maintaining a healthy mind. Also, as a PTSD survivor, warrior mentality and adaptability play a huge role in my day, every day. Finding a way to be active was not only necessary, but also rewarding in that I set meaningful and attainable goals daily. I live near an athletic field, bike trails and outdoor rinks, so I made a contract with myself to make use in different ways, every day. Attaining these goals allowed me to maintain a positive outlook.

### IN THIS ISSUE

- Rady Trainer Profile
- New Equipment
- Active Living
- Trainer Tips Video
- The Deep End

### WATCH TRAINER TIPS VIDEO:



**How To Use the Power Squat Machine**

### THE DEEP END



The Rady JCC wants to remind you, if you are not within arms reach, you've gone too far. Children can drown in as little as 10 seconds. So when you are in, on or around water, stay within arms reach of your children.

**Pool Reopens** Thursday, September 23

[Schedule](#)

**Family swim times** (including our awesome waterslide!) coming back in October! Stay tuned for schedule.

### ACTIVE LIVING

Rady Fitness Welcomes Back Active Living Coordinator **Claudia Chernitsky!**



Claudia is currently working on rebuilding our Health Management and Active Aging classes at the Rady JCC. We look forward to being able to once again offer classes such as chair yoga, Minds in Motion and more. Stay tuned!

### NEW EQUIPMENT



**Spin Bikes:** See Rady Fitness Staff for a demo of the new Matrix CXP's

**Ellipticals:** Try one of these brand new pieces on your next visit

