

**RADY STAFF PROFILE:
MICHELLE REINHEIMER**

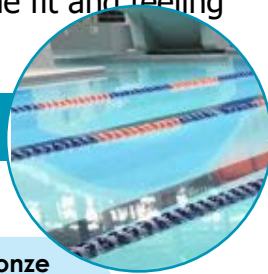


How long have you been training/teaching at the Rady JCC? I started at the Rady teaching various yoga classes probably 10 years ago if not more and worked for I'd say 3 or so years there just teaching. I started up again at the Rady in fall of 2018, working at the track desk as well as taking clients in for Athletic Therapy and Personal Training.

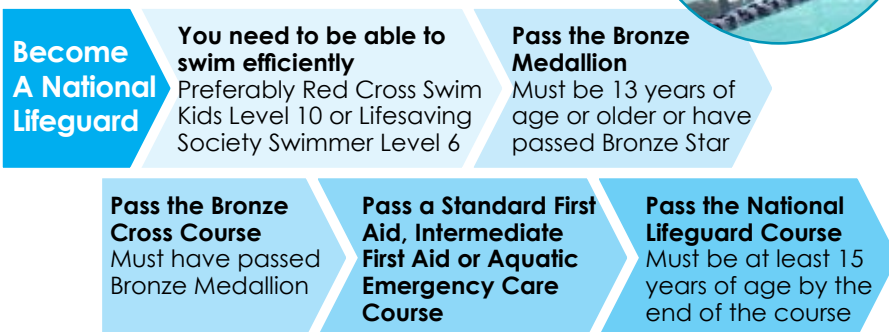
Why do you love training/teaching at the Rady? I just love the gym itself, how open it is, all the natural light. Aside from that I really loved/still love the staff that work at the gym, super friendly, easy going, great to work with!!!

What is your favorite class/workout? Of course... Yoga!!! But I do love to run 😊

During these challenging times, what motivates you to keep fit and active? My family, especially my kids. They have so much energy, I need to keep up with them!! Exercise is the foundation/the start of my day, it boosts me up mentally, and gives me SO MUCH energy to be able to keep up with my kids!!! On top of that it keeps me fit and feeling young!!!



THE DEEP END



BORIS' CORNER



**Cycling is bad for the economy!
Hilarious but true!**

- A cyclist does not buy a car
- ... does not send car for servicing & repairs
- ... does not take a car loan
- ... does not buy car insurance
- ... does not buy fuel
- ... does not use paid parking
- ... does not become obese



Yes ... and well, damn it!! Healthy people are not needed for economy. They do not buy drugs. They do not go to hospitals & doctors. They add nothing to country's GDP. On the contrary, every new fast food outlet creates at least 30 jobs: 10 cardiologists, 10 dentists & 10 weight loss experts apart from people working in the outlet.

Choose wisely: A cyclist or a KFC? Worth thinking about!!

PS: Walking is even worse ... they do not even buy a bicycle!

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TRAINER VIDEO



Join Gord, Rady Fitness Instructor, as he takes you through the features on the NEW Matrix CXP Spin Bikes.

Check out all the Rady Group Cycle Classes:



DID YOU KNOW . . .



... We are one of the few facilities to offer **COMPLIMENTARY MAT PILATES** to our members?



... The Rady JCC was the first facility in Winnipeg to install the **TECHNOGYM KINESIS?**



... The Rady has recently purchased a **HIPPOCAMPE POOL ACCESS CHAIR** to improve our pool accessibility for all members?



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