

STAFF PROFILE: ROSE HULL



1 - Why do you love teaching Pilates at the Rady? Because of the amazing opportunity to grow the Pilates Program. Not only for the Rady but for Winnipeg. With COVID shutting so many studios down I am excited to build Pilates at the Rady JCC. Pilates empowers us with the tools to move better and learn more about our bodies. The best part about teaching at Rady is the great windows with lots of natural light, it's a sunny place to teach and I love it!

2 - How long have you been teaching Pilates? I have been involved with Pilates in many capacities since 1999. I have been teaching for 8 years and at the Rady JCC for almost 4 years. I take pride in being a lifelong learner I am always signing up for new courses.

3 - Who is Pilates suitable for and what can one accomplish by pursuing Pilates training? I would tell you that it is first an education into one's own movement patterns; think of it as a guided self-assessment. Pilates is all about improving your bodies compensations to allow you to move with optimal stability. This applies to elite athletics, chronic conditions, injury rehabilitation and more. Ultimately, Pilates helps you to repattern your movements to reduce the risk of injury and allow the body to generate optimal force.

4 - What is your teaching philosophy or passion? Some of my passions with Pilates include: shoulder stabilization, mobility post injury, hip mobility and stability, knee issues, bursitis and understanding and correcting compensations. I am most interested and excited in how it can be the game changer in YOUR LIFE right here at the Rady JCC!

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TRAINER VIDEO



Rady Personal Trainer, Davis takes you through the back extension machine and helps you to identify common errors and how to move through it safely and effectively.

BORIS' CORNER



"Memories of my recent trip to Israel", November 2021. Now time to get back to work!

[Group Fitness Schedule](#)

WATER SAFETY

The Rady JCC team wants to remind you to stay safe this winter season when on ice. Did you know that no ice is 100% safe? The Rady JCC and the Lifesaving Society have some pointers to help mitigate those risks and plan for a safe day out on the ice.



[> MORE WATER SMART INFO](#)

[Safety Video](#)

MACHINE TUTORIAL



Rady Personal Trainer Lindsey demonstrates how to set up and use the Atlantis trunk rotation machine. This machine targets the oblique muscles which are one of the major muscle groups implicated in the term "core" exercise.

Returning in January 2022!

Trainer Talks (formerly Monthly Clinics)



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