



Fitness Tips, News & More!

December 31 | 2021

STAFF PROFILE: TIM ROZOVSKY

1 - How long have you been at the Rady?

I've been a member for almost three years and joined the fitness staff this November.



2 - Why do you love training/teaching at the Rady?

The atmosphere at the Rady is like no other in the city. It is truly a community of friendly faces and a welcoming environment. Quality members and fantastic staff make it an amazing place to accomplish great things.

3 - What is your favorite class/workout?

Resistance training exercises using free weights have always been my go-to. Mastering technique on complex movements and feeling the target muscles being activated is truly a great feeling.

4 - During these challenging times, what motivates you to keep fit and active?

Ending the day knowing I exercised to better my mental and physical health always gives me a feeling of accomplishment. I strive to get better every day, step by step. During recent times, we may feel like we don't have control over what happens around us. However, keeping control of my own health with proper nutrition and exercise keeps me going day in and day out.

BORIS' CORNER



On December 11, 2021, for the first time ever, a Powerlifting meet was held at the Rady JCC. Two of our members, 15-year-old **Seth Broder** and **David Gurvey** competed.

For Seth, this was his first meet and according to David "this young man has a future filled with potential to become one of the top lifters in Canada." Seth is a student at Gray Academy and has been lifting at the Rady for almost 2 years.

David is also a long-time member and continues to come to the Rady even though his children have graduated from Gray Academy due to the friendly atmosphere that makes it "feel like home".

The Rady JCC is looking at hosting further events and has had some preliminary discussions in this regard. Stay tuned!

TRAINER TALKS

Mobility and flexibility training are incredibly important for keeping our joints happy and healthy! This month's clinic is going to cover an important distinction between these two similar styles of training and provide you with numerous movements to improve your range of motion and joint ability and stability!



Jan 13, 7pm | Jan 16, 12pm | Jan 21, 10am

> REGISTRATION NOW OPEN

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TRAINER VIDEO



Check out our newest addition to the Rady JCC group fitness schedule! Rady Fitness Instructor Tracey gives you an introduction to our upcoming Strong Nation Program. It's a bodyweight workout you will not want to miss: first class runs Wednesday January 5 at 5:30 pm.

WORKOUT OF THE WEEK

Rady Personal Trainer Scott Magnus takes you through a leg workout.

Workout

TRAINER VS TRAINER



Limited Spots Available!

Exciting new group workout beginning January 18

Read more

NEW Group Fitness Schedule

EFFECTIVE JANUARY 2

Active Older Adults

Pilates

Adult Sport & Rec