

STAFF PROFILE: MAX KRETSKIY



1 - How long have you been at the Rady?

Thirteen years

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

I love training because I know that my clients benefit from it. I love teaching classes because it creates a great atmosphere, making a member's fitness experience both challenging and fun.

3 - What is your favourite class/workout?

I do not have a favourite class; I think they are all great!

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

Fitness is just a tool for me to reach my goals. There is no other way and that is motivation for me.

BORIS' CORNER



What exactly does the Director of Fitness and Health do on a daily basis? This question may have come to a few of you, but you never asked. Well now is the time to find out what exactly I do here at the Rady!

My day-to-day duties can range from supervising the staff, dealing with budgets, programming, safety protocols, serving members and community to making major business decisions on behalf of the Rady. I love working with people and at times serve as a personal trainer making sure individuals are meeting their fitness goals. When needed I offer advice or feedback when hiring and training new employees in the Fitness department and so much more.

I am extremely fortunate to supervise two managers who make my job a LOT easier. Morrissa Klein (Manager of Fitness and Health) and Alexandra Carriere (Aquatics Manager), thank you for all you do.

Now that you know who I am and what I do, make sure not to bother me too much LOL but say hi when you see me on your next visit to the Rady. 😊

IN THE DEEP END - KIERA GREEN



1 - How long have you been Head Lifeguard at the Rady? I was named the temporary Head Lifeguard in November, 2021 and was officially promoted a few weeks ago.

2 - What made you want to become a Head Lifeguard? I enjoy watching others grow in their teaching skills and encouraging them to become the best teachers that they can be. I have been a part of the aquatics department for a couple of years, and I feel that I can contribute valuable ideas that could improve the department.

3 - Describe your daily routine as Head Lifeguard here at the Rady. A typical day for me as a Head Lifeguard at the Rady consists of answering member and guest inquiries about lessons, helping staff become the best they can, helping with programs that are being run like swimming lessons where I spend the majority of time.

4 - Work/life balance is so vitally important, what are some things you like to do away from the Rady? When I am not working at the Rady, I enjoy spending time with my friends and family, and travelling (when we are not in Covid times).

NUTRITION TIP



Snacking too much? Trying to add more fruit and veggies to your diet!

When we come home hungry, we all reach for whatever is most convenient. Try to keep washed and cut fruits and vegetables in the fridge at all times. This makes those healthy foods the most convenient ones to reach for when we are going to and from on a busy schedule! Keeping fruits such as apples or oranges on the counter also triggers the mind to reach for those first.

If you have a habit of packing pre-packaged, processed snack foods when you are on the go, start by cutting your serving size in half and filling that extra space with your fruits or veggies. Using hummus or peanut butter as a dip is also a great way to pack extra protein which keeps you fuller for longer.

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WORKOUT OF THE WEEK

Rady Personal Trainer Davis takes you through a challenging upper body workout, using both compound and isolated movements!

Workout

ALL NEW FOR 2022

CIRCUIT SCULPT
Mondays & Wednesdays
10:00 am

TRX
Tuesdays 10am

SCULPT
Tuesdays & Thursdays
5:30 pm

STRONG NATION
Wednesdays 5:30 pm

Class descriptions and Schedule

TIME TO TRAIN!



Intro Special \$129

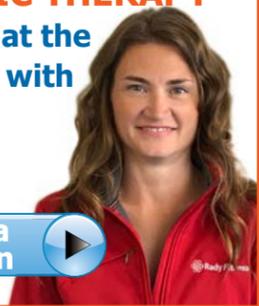
Experience the benefits of Personal Training with 3 sessions:

- 1 Consult
- 2 - 60 minute personal training sessions

Valid for new members or new personal training clients only Value Pack members not eligible. Non-transferable.

Book Now! Or get more info

ATHLETIC THERAPY available at the Rady JCC with Michelle



Book a session

Active Older Adults Schedule

Lap Pool Schedule



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