



# Rady JCC

# BENCH PRESS

Fitness Tips, News & More!

MAY 13 | 2022



**Week-long Fitness Classes and Workshops!**

**FREE for Members**

Open to:  
Non-members:  
Fitness Classes - \$15  
Workshops - \$10


**MAY 29 - JUNE 3**

**RADY FIT FEST** is a week-long event for both members and non-members. Our goal is to showcase not only fitness, but how the various dimensions of health and wellness work together to optimize health and quality of life. Fit fest will be comprised of specialty fitness classes, wellness lectures and interactive trainer talks. [Check out the events! ...](#)




Sunday, May 29, 10:00-11:15 am  
**Mindful Yoga and Meditation for Nervous System Resilience**  
with Rose VanderHooft

[REGISTER](#)




Monday, May 30, 11:30 am-12:15 pm  
**Trainer Talks: Let's Talk Back!**  
with Davis, Personal Trainer

[REGISTER](#)




Tuesday, May 31, 7:00-8:00 pm  
**Weight A Minute!**  
with Joan Marks, Registered Dietitian  
Helping women optimize nutrition during the peri-menopausal and menopausal years  
\$10 M | \$15 NM

[REGISTER](#)




Wednesday, June 1, 11:30 am-12:15 pm  
**Feel Well Be Well**  
with Danita Aziza, Registered Health and Nutrition Counselor

[REGISTER](#)



Thursday, June 2, 7:00 pm  
**Trainer Talks: Exercise as a Lifestyle for Mental Health Resiliency**  
with Scott, Personal Trainer

[REGISTER](#)



Friday, June 3, 12:00-1:00 pm  
**Zumba: Outdoor Team Teach**  
with Sheila and Fermel

[REGISTER](#)

## PETS OF RADY

There is nothing better than coming home and spending time with our furry friends.



### LUNA

7-year-old  
Yorkiepooh  
Owner: Laura

4-year-old  
Husky/Mastiff  
cross  
Owner: Joanna

### MILEY



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## TIPS FROM YOUR DIETISTA: JOAN MARKS

Registered Dietitian

Did you know that caffeine, a stimulant found in coffee, tea, soft drinks, energy drinks and cocoa products can last in your bloodstream for up to 8 hours? Health Canada recommends that men and women (not pregnant or lactating) over 19 years of age limit caffeine intake to 400 mg/day, equal to approximately 3 cups of brewed coffee.

Source: [www.canada.ca](http://www.canada.ca)

## FIT TOGETHER PRENATAL AQUA

Tuesdays  
7:15 pm  
July 5 -  
August 23

[Register](#)

## OUTDOOR COUPLES YOGA

Thursdays 7:00 pm  
June 2-23



[Register](#)

[Group Fitness Schedule](#)

[Active Older Adults Schedule](#)

[Rady JCC Digital Program E-Guide](#)



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