



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

JUNE 27 | 2022

THIS MONTHS NUTRITION TIP FROM YOUR DIETISTA JOAN MARKS

Health Canada recommends that healthy adults consume **1500 mg of sodium per day** (to a maximum of 2300 mg per day) (Source: Health Canada).

Most Canadians consume nearly twice the recommended amount. 75% of dietary sodium comes from processed foods (such as packaged or ready-to-eat foods) and not the saltshaker!

Want to reduce sodium intake? Look for key words on packaging such as no added salt, reduced sodium, low sodium or sodium-free.

For more information or to book an appointment with Joan: 204.807.2945 www.dietista.ca



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WORKOUT OF THE WEEK

Rady Personal Trainer Max takes you through his top 5 exercises to help you train for the trail this summer!

[Workout](#)

IN THE DEEP END - LIFEGUARD COURSES

Bronze Medallion Course:
July 11-15
Mon-Thu: 3:00-8:30 pm
Fri: 1:30-7:00 pm

The first step in becoming a lifeguard! Learn rescue techniques for yourself and others while having fun in and around the water.
\$230 M | \$276 NM



[Register](#)

CANADA DAY OUTDOOR FITNESS

Rady Personal Trainer and Group Fitness Instructor Lindsey takes you through a 45-minute-high intensity workout, followed by a 60-minute yoga class, outdoors at the Rady JCC. Classes are held in the field, facing Wellington Crescent. Please bring sunscreen, hats, water bottle and your mat! Classes will be held in the group fitness studio if weather conflicts. Mats will be available if needed.

Friday, July 1

9:00-9:45 am: HIIT Express
10:00-11:00 am: Yoga Flow/Yin

[Register](#)



RJCC PICKLEBALL FOUNDATIONS

Tuesdays 6-8 pm
Jun 21-Aug 16



RJCC PICKLEBALL ACADEMY

Saturdays 9:30-11:30 am
Jun 25-Aug 20

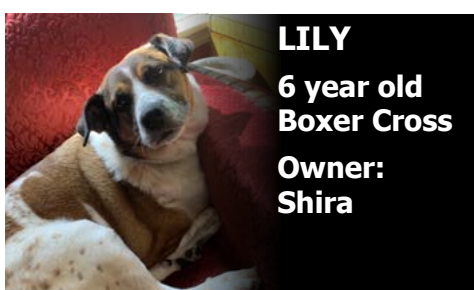
[Register](#)

[Group Fitness Schedule](#)

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

PETS OF RADY

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



LILY
6 year old
Boxer Cross
Owner:
Shira



PARKER
15 year old
Puggle
Owner:
Inna



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