



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

AUGUST 19 | 2022



Sunday, August 21
10:00 am - 2:00 pm

RADYFEST 2022

Come See Who We Are!

- Swim and try out the waterslide in our saltwater pool
- FREE massages, fitness classes, BBQ lunch, pickleball and more
- Chat with our personal trainers, dietitians and sports coaches
- Incredible prizes to be won including a free one-year membership!

ALL ARE WELCOME!
No registration required.

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Introducing our New Aquatics Manager Sarah Dyck

Her first day will be Monday, September 12

Schedule

Group Fitness Classes

10:00 am-10:30 am	Indoor Cycle (Spin Studio)	Yoga Flow (Outdoor Garden)	Circuit Training (Outdoor Field)
10:45 am-11:15 am	Indoor Cycle (Spin Studio)	Yoga Flow (Outdoor Garden)	Circuit Training (Outdoor Field)
11:30 am-12:00 pm	Indoor Cycle (Spin Studio)	TRX (Small Gym)	Circuit Training (Outdoor Field)

Aquatics

Rady Pool Open for Lap Swimming and Leisure Activities

Rady Gym

Badminton Clinic and Pickleball Drop-in Games

Fitness Floor

Main Fitness Floor Open

Main Street

Personal trainers, athletic therapy, massage therapy, and dietitian available for demos and consultations

12:00 pm-1:00 pm **FREE BBQ LUNCH IN OUTDOOR GARDEN**

1:00 pm-2:00 pm	Pool and Waterslide Open	Badminton Drop-in Games	Main Fitness Floor Open	Demos and consultations
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2:00 pm-2:30 pm **RADYFEST CONTEST DRAWS**

> [CLICK TO VIEW SCHEDULE ONLINE](#)

FREE DEMO CLASSES

Try out a Premium Fitness Class this September **FOR FREE!**

[FREE Demo Class Schedule](#)

GROUP FITNESS

Expanded Fall Schedule begins September 6

[Group Fitness Schedule](#)

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



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