



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

SEPTEMBER 16 | 2022

WORLD WELLNESS WEEKEND

Sunday, September 18:

10:00-11:30 am: Reducing Stress with Yoga and Mindfulness – Rose van der Hooft

12:00-1:00 pm: Nourishing the Mind – Joan Marks

Free for all!



[Register](#)

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IN THE DEEP END

Introducing our new Aquatics Staff!

Sarah Dyck, Aquatics Manager (pictured on right) and Ashley Goodz, Aquatics Coordinator (pictured on left)



MONTHLY TRAINER TALKS

Sunday, September 18 @ 10:00 am and Thursday, September 22 @ 7:00 pm

From Couch to Deep Squat:

The squat is a fundamental movement pattern. All humans have the capability to squat to the floor but sometimes a lack of mobility, strength, and capacity in certain joints can limit individual access. This clinic demonstrates exercises and mobilization techniques that will take your squat from the couch to the floor.



[Register](#)

FREE DEMO CLASSES

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

[FREE Demo Class Schedule](#)

DIETISTA SERIES WITH JOAN MARKS

Wednesday, September 21 | 7:00 pm

Navigating Food Battles with Picky Eaters:

Is mealtime with your child a struggle? Learn practical tips and strategies to help manage your picky eater.

To Register call 204-477-7535



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

[Adult Sport & Rec Programs](#)

[Group Fitness Schedule](#)

SANO THERAPY CLINIC IS NOW OPEN

Book an appointment with a Certified Athletic Therapist:

> **Email Michelle Reinheimer** or call 204-299-3551

> **Email Carlo Dungca** or call 204-451-2680



[More Info](#)



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