



Rady JCC

BENCH PRESS

Fitness Tips, News & More!

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SANO THERAPY AT THE RADY JCC ... COME CHECK US OUT!

Sound Body Sound Mind.

This is the motto of Sano Therapy, the certified athletic therapy clinic located on site at the Rady JCC, ready to serve our Rady JCC Members.

Sano Therapy provides custom treatment plans that are specific a person's individual needs and goals, based on their age and ability. Certified athletic therapists assist in maximizing movement, managing pain, and recovering from injuries as well as ongoing athletic therapy management.

What sort of services will Sano provide you?

Athletic Therapy Services: Certified Athletic Therapists are experts in treating acute and/or chronic injuries to your musculoskeletal system (muscles, bones, joints).

Private Yoga Sessions: These sessions will be specifically catered to your needs and wants. Whether you have limited mobility, or you are an avid yogi, you will work through numerous poses that will leave you feeling rejuvenated.

Hot Stone Relaxation Therapy: This is a natural therapy for your entire body that uses heated smooth basalt stones to relieve muscle tension, promote circulation, and reduce stress. Light to medium pressure is added throughout these sessions.

Who are the therapists that work at Sano?

Michelle Reinheimer CAT (c)

As a Certified Athletic Therapist, Michelle brings several years of experience to Sano Therapy. She has worked with high school varsity football and with an orthopedic surgeon for many years. Aside from hands-on treatment and therapy for her clients, she is also a yoga instructor, having taught various types of yoga classes for over 15 years. When she is not in the clinic or in the yoga studio, she is chasing her two little boys around the house.



Carlo Dungca CAT (c)

Carlo is a Certified Athletic Therapist who is very passionate about assisting people and getting them back to their regular duties. He has worked with young athletes, pro-athletes, post-surgical patients, and industrial workers. In Carlo's words, "Everyone is welcome no matter what your fitness level is, age or ability. Athletic Therapy is for everyone".



Book an appointment today!

[Email Michelle](#)

or call 204.229.3551

[Email Carlo](#)

204.451.2680



GET TO KNOW THE MAN BEHIND ESSENCE BADMINTON CLUB

Phil (Khanh) Mai, the NEW badminton pro coach of Essence Badminton Club, is thrilled to call the Rady JCC its new home. Phil is proud and excited to make regular

and lengthy opportunities for individuals to play badminton, available to the public in an accessible and affordable manner.

At age 43, Mai brings over 15 years of playing experience to teaching badminton at an advanced level. He has led many badminton initiatives that have achieved great success and a profound impact on the community. He will continue this trend with Essence Badminton here at the Rady JCC.

We sat down with Mai to learn a bit more about him. Here's what he told us!

1. How long have you been involved in the sport and how long have you been at the Rady JCC?

I have been involved in badminton for over 15 years. Essence Badminton is quite new to the Rady, having had the first session in December 2022. We have a modest core group so far, but we're motivated and eager to have more folks join the fold!

2. Why do you love teaching badminton?

There are many reasons why the activity of badminton is well worth the investment of time and resources. I encourage players to take ownership of their wellbeing journey, that they are worth putting in the work and to enjoy



that process with others with similar objectives. My motivation is to cultivate an engaging environment that treats players in a fair manner, to keep us coming back for more.

3. What is your teaching philosophy and how do you motivate and challenge your students?

Badminton has many, many layers. You peel one off, only to realize there are two more underneath. I believe that what I do best is let people experiment, to let them get a taste and decide for themselves if it's to their liking. If they decide to take the plunge, I'm there to support along the way as they develop in our game.

4. Work/life balance is so vitally important, what are some things you like to do when you are not teaching?

On court badminton is great, but off court training to supplement that is equally as important. It's more than just a hobby to me, I describe it as a lifestyle. It demands discipline, self worth, dedication. All things important to live in a fulfilling way. Outside of that, I achieve balance with family, friends, and looking after my dog and cat.

See you on the courts!



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