

ADULT PROGRAMS

A **Wellness Pass** is required to access these programs (with exceptions noted). All programs are held at the Welland Community Wellness Complex (with exceptions noted). Registration Information and form on pages 9-12.

❖ARTS & CULTURE❖

Ballroom Dancing

Ballroom Basics is an introduction to Dance social ballroom and latin dances. Experience the Waltz, Fox Trot, Tango, Rumba, Swing, Cha Cha, Salsa and more. No dance experience or partner required. Have fun and learn at your own pace. Dancing with the feet is one thing, but dancing with the heart is another.

Mar 22 - May 17 (8 classes)
Thursday 6:30 PM - 8:30 PM
No class: Apr 19
Fee: \$47.00 \$53.00 Non-resident

Salsa Dancing Lessons

Ballroom is switching to salsa for the summer! Salsa dancing is a popular form of Latin-American dance music, characterized by Afro-Caribbean rhythms, Cuban big-band dance melodies, and elements of jazz and rock. Our instructor will teach you the basics of both salsa and samba dancing. Come and try something new!

Jun 7 - Jul 26 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$38.00 \$44.00 Non-resident

Fancy Keys

Got talent? Experienced piano players are encouraged to drop in to the theatre on Sunday afternoons and play until their fingers hurt! (Or at least until the next program is running!).

Mar 25 - Jun 3 (Drop-In)
Sunday 2:30 PM - 3:30 PM
No Drop-In: Apr 8
Fee: FREE with Wellness Pass
(pre-registration required)

Jul 8 - Aug 26 (Drop-In)
Sunday 2:30 PM - 3:30 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Guitar Lessons - Adult

Adults will have fun learning basic notes, strumming and reading chord charts using their own guitar! Please note spectators are not permitted in this program. Music books can be covered in the cost of the program fee. Your own guitar is needed.

Mar 23 - May 18 (8 classes)
Friday 1:00 PM - 2:00 PM
No Class: Apr 6
Fee: \$53.00 \$59.00 Non-Resident

Jun 29 - Aug 17 (8 classes)
Friday 1:00 PM - 2:00 PM
Fee: \$53.00 \$59.00 Non-Resident

Open Mic Night

A night to come out and show people your talents and what you have to offer. Whether it is singing, dancing, or comedy, we would love to hear you! Please note the selected Fridays for Spring and Summer below.

Apr 27, May 18, Jun 29 & Aug 17 (Drop-In)
Friday 7:00 PM - 9:00 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Piano Lessons - Adult

Want to learn something new? Learn the basics of piano playing including reading notes, proper hand techniques and keeping time!

Mar 21 - May 9 (8 classes)
Wednesday 4:00 PM - 5:00 PM
Fee: \$64.00 \$70.00 Non-Resident

Jun 27 - Aug 15 (8 classes)
Wednesday 4:00 PM - 5:00 PM
Fee: \$64.00 \$70.00 Non-Resident

❖FITNESS❖

Burn It Up

Get your heart pumping and keep your fitness goals on track with the new Cybex Arc trainer class. This class is for those who want to build endurance and define muscle. The instructor will encourage you toward a better, healthier body.

Mar 21 - Jun 6 (12 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$46.00 \$51.00 Non-Resident

Mar 23 - Jun 8 (11 classes)
Friday 5:00 PM - 6:00 PM
No Class: Apr 6
Fee: \$42.00 \$48.00 Non-Resident

Jun 27 - Aug 29 (10 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$38.00 \$44.00 Non-Resident

Jun 29 - Aug 31 (10 classes)
Friday 5:00 PM - 6:00 PM
Fee: \$38.00 \$44.00 Non-Resident

Circuit Training

This ninety minute long fitness program is designed to improve the cardio system and burn calories. In pairs of 2 for encouragement visit 10 various fitness stations and work with various equipment and stretches to enhance your whole body.

Mar 21 - Jun 6 (12 classes)
Wednesday 7:00 PM - 8:30 PM
Fee: \$62.00 \$68.00 Non-resident

Circuit Training, cont.

Jun 27 - Aug 29 (10 classes)
Wednesday 7:00 PM - 8:30 PM
Fee: \$52.00 \$58.00 Non-resident

Chess Club (ages 9 -13 years)

This free drop in chess club runs during the Circuit Training program, keeping children occupied and learning while parents get fit. More information see pg. 23

Fitness Kickboxing

Do you want to get back into shape, or lose weight? Want something new and effective? Then punch and kick your way to fitness with our fitness kickboxing course and see why it has become one of the most popular ways to get into shape! Participants will benefit from the cardiovascular, toning, conditioning and motor skill enhancements as well as experience kickboxing without sparring or stepping into the ring!

Mar 20 - Jun 5 (12 classes)
Tuesday 5:15 PM - 6:15 PM
Fee: \$40.00 \$46.00 Non-resident

Mar 22 - Jun 7 (12 classes)
Thursday 5:15 PM - 6:15 PM
Fee: \$40.00 \$46.00 Non-resident

Jun 26 - Aug 28 (10 classes)
Tuesday 5:15 PM - 6:15 PM
Fee: \$34.00 \$39.00 Non-resident

Jun 28 - Aug 30 (10 classes)
Thursday 5:15 PM - 6:15 PM
Fee: \$34.00 \$39.00 Non-resident



Gracie Jiu Jitsu

An introduction to Gracie Jiu Jitsu self defense principles. No experience necessary. Build confidence and learn valuable techniques in a fun and healthy learning environment.

Mar 24 - Jun 9 (12 classes)
Saturday 2:00 PM - 3:30 PM
Fee: \$48.00 \$54.00 Non-Resident

Jun 30 - Sep 1 (10 classes)
Saturday 2:00 PM - 3:30 PM
Fee: \$40.00 \$46.00 Non-Resident

Pilates - With You In Mind

A mind/body training experience designed to improve balance, strength, flexibility and coordination. Focus on core muscle conditioning.

Mar 22 - Jun 7 (12 classes)
Thursday 11:30 AM - 12:30 PM
Fee: \$42.00 \$47.00 Non-resident

Jun 28 - Aug 30 (10 classes)
Thursday 11:30 AM - 12:30 PM
Fee: \$35.00 \$41.00 Non-resident

Yogilates

This workout strengthens your core, aligns your body and improves flexibility. This class starts with basic Pilates exercises and moves into Hatha-Yoga postures. Enjoy a relaxing meditation at the end to complete this workout.

Mar 21 - Jun 6 (12 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$40.00 \$46.00 Non-Resident

Mar 22 - Jun 7 (12 classes)
Thursday 6:30 PM - 7:30 PM
Fee: \$40.00 \$46.00 Non-Resident

Jun 27 - Aug 29 (10 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$34.00 \$39.00 Non-Resident

Jun 28 - Aug 30 (10 classes)
Thursday 6:30 PM - 7:30 PM
Fee: \$34.00 \$39.00 Non-Resident

Zumba High Impact

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

Mar 19 - Jun 11 (11 classes)
Monday 7:00 PM - 8:00 PM
No Classes: Apr 9 & May 21
Fee: \$38.00 \$44.00 Non-resident

Apr 1 - Jun 10 (10 classes)
Sunday 11:30 AM - 12:30 PM
No Class: Apr 8
Fee: \$35.00 \$40.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 7:00 PM - 8:00 PM
No Classes: Jul 2 & Aug 6
Fee: \$28.00 \$34.00 Non-resident

Jul 8 - Aug 26 (8 classes)
Sunday 11:30 AM - 12:30 PM
Fee: \$28.00 \$34.00 Non-resident

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies while having a total blast.



Zumba Toning, cont.

Mar 20 - Jun 5 (12 classes)
Tuesday 7:45 PM - 8:45 PM
Fee: \$41.00 \$47.00 Non-resident

Mar 22 - Jun 7 (12 classes)
Thursday 7:45 PM - 8:45 PM
Fee: \$41.00 \$47.00 Non-resident

Jun 26- Aug 28 (10 classes)
Tuesday 7:45 PM - 8:45 PM
Fee: \$35.00 \$40.00 Non-resident

Jun 28 - Aug 30 (10 classes)
Thursday 7:45 PM - 8:45 PM
Fee: \$35.00 \$40.00 Non-resident

❖GENERAL INTEREST❖

Adult Drop In Table Tennis

If you are 16 and over and wish to have a little fun and competition, join us for a friendly game of table tennis, the most popular racquet sport in the world.

Mar 23 - Jun 8 (Drop-In)
Friday 5:00 PM - 7:30 PM
No Class: Apr 6
Fee: Free with Wellness Pass
(pre-registration required)

Jun 29 - Aug 31 (Drop-In)
Friday 5:00 PM - 7:30 PM
Fee: Free with Wellness Pass
(pre-registration required)

Drop In Billiards for Women

This is 2 hours that is set aside for Just the Gals! Learn at your own pace and just have some fun with the girls. Please note women can play at all other indicated times as well.

Mar 21 - Jun 6 (Drop-In)
Wednesday 5:00 PM – 7:00 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Jun 27 - Aug 29 (Drop-In)
Wednesday 5:00 PM – 7:00 PM
Fee: FREE with Wellness Pass
(pre-registration required)

WE Champion WELLNESS

Billiards for Adults

Adults will learn *Tools of the game *Rules *Shot making *Positioning *Breaking *Angling and much more. This course aims to give the beginner proper fundamentals in billiards.

Mar 22 - May 10 (8 classes)
Thursday 5:30 PM - 7:00 PM
Fee: \$25.00 \$30.00 Non-resident

Jun 28 - Aug 16 (8 classes)
Thursday 5:30 PM - 7:00 PM
Fee: \$25.00 \$30.00 Non-resident

High Five: Principles of Healthy Child Development

This course is designed for anyone who interacts with children on all levels. You will learn the five principles of healthy child development and how to create environments and relationships that support the positive nature of a child. This course is intended to identify participants' impact on children. PLEASE NOTE: If you are applying for summer employment with the City of Welland in day camps or at swimming pools, this course is a required certification. Ages 14+ Wellness Pass is not required.



Location: Welland Civic Square
Community Room
60 East Main Street

Apr 28 (Workshop)
Saturday 9:00 AM - 4:00 PM
Fee: \$72.00 \$77.00 Non-resident

❖HEALTH & WELL-BEING❖

Mommie & Me Yoga

(Mom & Infant) See page 20

Muay Thai

Known as Thai-Boxing and the science of eight limbs, this introductory workshop will enlighten and enthrall participants with the art of self defense. This hour and a half workshop will teach participants basic self defense techniques through an exciting workout. This is a Non-Contact workshop and requires no additional equipment. Hosted by Modern Vision Martial Arts.

April 28 (Workshop)
Saturday 4:00 PM – 5:30 PM
Fee: \$6.00 Passholders
\$12.00 Non-Passholders

Hypnolaxin'!

Relaxation through Self-hypnosis

Would you like to knock the stress in your life down a notch? If you're looking to chill—to wind down after hectic work day, to find a quiet moment in the midst of your busy family, or to loosen those stiff shoulders that are driving you crazy—then hypnotherapy will help!

Hypnotherapist Kathleen Milligan has some great techniques to share with you that will help you achieve that balanced blissed out state of relaxation. They're effective, easy, portable, and completely harmless! Start beating stress; get hypnolaxin' today!

May 2 (Workshop)
Wednesday 7:00 PM - 8:30 PM
Fee: \$6.00 Passholders
\$12.00 Non-Passholders

ADULT PROGRAMS

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Yoga - Adult

Stretch * Strengthen * Relax * Refresh. Yoga is an excellent healing practice that helps to unify body mind and breath; creating a sense of peace, stillness and strength. Yoga helps to free the joints of the body, strengthen muscles, aid concentration, relax the nervous system and induce a feeling of total well being. The class is taught according to individual needs and is suitable for beginners, as well as, those who have practiced before. Learn the gentle stretching and strengthening exercises of Yoga as well as an introduction to relaxation and meditation techniques.

Mar 20 - Jun 5 (12 classes)
Tuesday 6:00 PM - 7:30 PM
Fee: \$60.00 \$65.00 Non-resident

Mar 20 - Jun 5 (12 classes)
Tuesday 7:45 PM - 9:15 PM
Fee: \$60.00 \$65.00 Non-Resident

Mar 19 - Jun 11 (11 classes)
Monday 7:45 PM - 9:15 PM
No classes: Apr 9 & May 21
Fee: \$55.00 \$60.00 Non-resident

Jun 26 - Aug 28 (10 classes)
Tuesday 6:00 PM - 7:30 PM
Fee: \$50.00 \$56.00 Non-resident

Jun 26 - Aug 28 (10 classes)
Tuesday 7:45 PM - 9:15 PM
Fee: \$50.00 \$56.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 7:45 PM - 9:15 PM
No classes: Jul 2 & Aug 6
Fee: \$40.00 \$46.00 Non-resident

JOLI'S DANCE STUDIO CLASSES

Children from 3 yrs. up and Adult
Jazz ☆ Tap ☆ Hip Hop ☆ Ballet
Ballroom & Latin ☆ SalsaFit
Pilates ☆ Moms & Tots
Weight Control Classes

Day and evening classes

905-735-7221

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