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FOR IMMEDIATE RELEASE



NEW AQUABIKES READY TO MAKE A SPLASH AT THE WCWC

Welland, ON - The Rose City Seniors Foundation Board has made a generous donation that will benefit seniors at the Welland Community Wellness Complex (WCWC). The Foundation has purchased eight Hydroider Aquabikes for seniors and participants of all ages to benefit from a cycling session that reduces the impact on joints up to 85% less than conventional spin bikes. The bikes—immersed in the WCWC therapy pool—make the cyclist work against the natural resistance of the heated water to burn calories.

The WCWC is one of two facilities in Niagara to offer the unique program. Staff expect the bikes will be very popular and the aqua-cycling program will fill quickly. The bikes are extremely versatile and produce proven results with wellness, athletic training, and rehabilitation. Aqua-cycling is a trend in Europe; however, it is also beginning to gain curiosity at North American pools due to low impact on the cyclist's joints, ability to burn fat, and enhance blood circulation.

Chair of Rose City Senior's Foundation, Chery Maurice, says the aquabikes are an exciting new addition to the therapy pool and will provide a fun therapeutic cardio workout session. "The aquabikes will bring the therapy pool to a whole new level of recreation for many seniors who aren't able to withstand high impact cycling," said Maurice.

Participants do not need to know how to swim in order to participate in the program. The therapy pool is a comfortable four feet deep and an inviting 90 degrees Fahrenheit. Although aqua-cycling is not a swimming class, it is a great primer for non-swimmers to reap the benefits of water workouts while growing confident moving in water. Aquabike classes are available for the autumn program schedule. For more information about City of Welland programs visit the website at welland.ca.

Benefits Hydro-rider Aquabike

- Reduce impact on joints
- Permit exercise quicker after injury, surgery, or long period of inactivity
- Allow user to position themselves ergonomically due to adjustment options
- Increase training volume while diminishing risk for injury

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