



RECREATION & CULTURE TO START VIRTUAL FITNESS PROGRAMMING MARCH 1

Welland, ON – The City of Welland Recreation & Culture team is expanding virtual programs to include fitness classes. Registration for all virtual programs is open now at wellness.welland.ca. The municipality understands the important role that recreation programming has on our community, and with the ever-changing landscape of COVID-19, it's important to provide as many healthy recreation options to our residents as we can, while respecting Provincial restrictions.

The online Wellness Guide allows the Welland Community Wellness Complex (WCWC) to make changes in real time and extend programming when needed and we are expanding and updating to meet the needs of the community. Recreation and Culture has implemented virtual programs such as scavenger hunts, virtual drop-in and chats, winter weather outdoor activities and now with virtual fitness classes as part of a #KeepingWellandConnected initiative; these programs have enjoyed increasing popularity.

New and existing members of the WCWC will be able to work up a sweat in the safety of their own homes and participate weekly through live Zoom classes starting March 1st. If you want to try yoga, weights, aerobic or stretch classes for the first time or if you a seasoned participant, the option is now available to you. Registration is available online at wellness.welland.ca.

Virtual Classes:

Evening Yoga
Chair Yoga
Relax Refresh Yoga
Tone & Fit Beginner
Tone & Fit Intermediate
Stretch
Pilates
Low Impact Aerobics & Toning
Core Fit
Weight for It
Yoga – Seniors

For more information and how to register for the programming, please visit our website, wellness.welland.ca or call 905 735 1700 ext. 4000.

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Contact:

Richard Dalton
Manager, Recreation and Culture
905-735-1700 ext. 4007
richard.dalton@welland.ca