



**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](http://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 1<sup>st</sup>. 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](http://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](http://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](mailto:richard.dalton@welland.ca)