

WELLNESS WORKOUT PUNCH CARDS

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

PUNCH CARD	COST PER VISIT	RESIDENT	NON RESIDENT
10 visits	\$4.00	\$40.00	\$45.00
15 visits	\$3.50	\$52.50	\$57.50
20 visits	\$3.00	\$60.00	\$65.00
25 visits	\$2.50	\$62.50	\$67.50

Passes are **non-refundable** HST extra

- See each program for day and time
- Times are subject to change

THERAPEUTIC POOL

- Accessible by ramp, stairs and personal lift
- 4 feet deep
- 92° - 94° F temperature
- Adjacent to 8 person whirlpool/hot tub
- On deck shower

Open Therapy Time (15 yrs. & up)

A daily drop in program for individuals who require space and time in the therapy pool to work through prescribed exercises. Participants may bring their personal therapist or work independently. There is no instructor for this pool time but a qualified lifeguard and specialty equipment will be available for your use.

Monday - Friday

- 9:45 AM - 11:00 AM
- 1:00 PM - 3:00 PM

Mon / Wed / Fri

- 6:30 PM - 7:30 PM

Sat / Sun

- 2:00 PM - 4:00 PM

FITNESS CENTRE

Workout Room

- 3 Treadmills
- 3 Lower Body Arc Trainers
- 4 Total Body Arc Trainers
- 2 Upright Cycles
- 2 Recumbent Cycles
- 1 Multi-Gym
- Assorted weights
- Sports floor
- Mirrored walls



Aerobics Room

- Sprung wood floor
- Mirrored walls
- Aerobics accessories

Open Fitness Workout (15 yrs. & up)

Join our certified trainers in the Fitness equipment room and learn how to use the various treadmills, cardio cycles and multi gym equipment on how it would best enhance your personal endurance and physical wellness activities. Work out on your own or get advice and assistance every visit from our friendly Fitness staff. Your first visit will consist of an orientation to the Workout Room and the equipment.

Monday - Friday

- 8:15 AM - 10:15 AM
- 11:30 AM - 1:30 PM
- 6:00 PM - 8:00 PM

Saturday

- 9:00 AM - 11:00 AM

Sunday

- 11:30 AM - 1:30 PM