



ADULT/SENIOR PROGRAMS (call Wildwood Crest Recreation at 609-523-0202 for more info)
OCTOBER THROUGH EARLY JUNE

Fit 50s Plus: Aerobics and light strength training class designed for adults ages 50 and older. Classes held Monday, Tuesday and Thursday at 10:30 am at the Crest Pier Recreation Center. No pre-registration necessary. Cost is \$5 per class, or 20 classes for \$80.

Chair Fit: Low-impact aerobics and strength training class designed for older adults. Classes held Wednesdays at 10 am at the Crest Pier Recreation Center. Cost is \$5 per class, or 20 classes for \$80.

Aqua Flow: Water aerobics workout held at the Joseph Von Savage Pool. Classes held Mondays, Wednesdays and Fridays at 9:30 am. No pre-registration necessary. Cost is \$5 per class, or 20 classes for \$80.

Zumba: Zumba dance workout for ages 16 and older. Class held Saturdays at 9 am at the Crest Pier Recreation Center. No pre-registration necessary. Cost is \$5 per class, or 20 classes for \$80.

Pickleball: Come participate in one of the fastest-growing sports in North America, particularly among older adults. Game includes aspects of tennis, badminton and ping-pong. Indoor pickleball court available Monday through Friday from 9:30 am to 3 pm. Equipment provided. No pre-registration necessary.

Mahjong: Mahjong games for seniors held each Monday at 12 noon at the Crest Pier Recreation Center. No pre-registration necessary.

Cards: Card games for seniors held each Tuesday at 11 am at the Crest Pier Recreation Center. No pre-registration necessary.

Pier Walking: Stay out of the cold and walk indoors at the Crest Pier Recreation Center. Walking available Monday through Friday from 9:30 am to 3 pm. No fee and no pre-registration required.

Fitness Room: Includes treadmills, elliptical machines, exercise bikes, free weights and more. Open free of charge to borough residents (including second homeowners) only. Registration required. General hours (October through early June) – 9:30 am to 8 pm Monday-Friday, 9 am to 4 pm Saturday; 11 am to 3 pm Sunday (November through March). Hours subject to change.

Senior Group Meetings at Crest Pier:

- AARP: second Thursday of each month at 11 am
- Red Hats: second Friday of each month at 7 pm
- Book Club: third Tuesday of each month at 12 noon
- Mature Adults: third Wednesday of each month at 12 noon
- Widows & Widowers: third Thursday of each month at 11 am