



Wildwood Crest Mayor's Wellness Calendar of Events April 2026

Adult Fitness-A total body fitness program designed for mature adults. The class meets Mon., Tues., Thurs., 10 AM- 11 AM at Crest Pier Recreation. Cost \$5.

Walking Wednesdays – 30-minute choreographed aerobics program designed to burn calories and build endurance. Wednesdays 9:00 – 9:30 AM. Free program. **No class 4/8.**

Crest Kids Play Time- Unstructured drop-in open play time for children ages 2-4 years of age at Crest Pier Recreation every Wednesday 10 am -12 pm. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. This program is free of charge.

Wellness Workshop- This is a mindfulness class featuring gentle chair and standing yoga, stretching, balance exercises, movement and synchronized breathwork, sound bath meditation and journaling. Seniors, Veterans, those with limited physical abilities and all who are interested are welcome. The class meets weekly on Tuesdays, from 5:30- 6:30 pm. \$5 class fee. **No class 4/7.**

Adult Functional Fitness-Adult exercise program led by NASM personal trainer John Teofilak. This class features a total body strength training program. Class will be held at Crest Pier on Saturdays at 8:30 am. Cost: \$5

Senior Functional Fitness Training- (NEW) Senior exercise program led by NASM personal trainer John Teofilak. This class features exercise that improves strength, flexibility, and coordination. Replicate daily activities like bending, twisting, squatting and reaching. Improve your balance and movement. Class will be held at Crest Pier on Wednesdays, at 11:00 am starting February 4. Cost: \$5

Crest Silver Shells Senior Social Club- (NEW) Come out to socialize with others, make friends, and have fun on Thursdays, from 12:00 pm-1:00 pm at Crest Pier Recreation, 5800 Ocean Avenue. Pop-up Chair Fit classes, low impact aerobics, group walks, games, snacks and more. For more information contact Laura Farrall, Wellness Coordinator, at 609-523-0202 or visit Crest Pier Recreation 5800 Ocean Avenue, Wildwood Crest. (Free weekly event)

Let's Talk Snacks- An after school program for children and adults with Anneliese Kuemmerle, **MS, RDN**, registered dietitian and program associate for Rutgers Extension Center of Cape May County, Department of Family and Health Science. Help prepare and sample various snacks. Learn about healthy food options that fuel your body. Swap out processed for whole food alternatives that taste great! Crest Pier Recreation, 5800 Ocean Avenue on Tuesday, April 21, 2026 from 3:30- 4:30 pm. Registration is required to participate. (up to 20 participants) **(under 8 years of age, parents must accompany)** Registrants must be Wildwood Crest residents. For more information call 609-523-0202. (Free event)