

# Wildwood Crest Mayor's Wellness Calendar of Events February 2026



**Adult Fitness**-A total body fitness program designed for mature adults. The class meets Mon., Tues., Thurs., 10:00- 11:00 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 at Crest Pier Recreation. Free program.

**Walk and Talk**- Boost your well-being every week with group indoor walking at Crest Pier on Wednesdays from 9:30-10:00 am. Walk through the hallways of the building and gymnasium. Improve your mood, fitness level, and connect with others. Background music provided. (Free)

**Crest Kids Play Time**- Unstructured drop-in open play time for children 2-4 years of age at Crest Pier Recreation every Wednesday starting November 8, at 10:00- 12:00 pm. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. This program is free of charge.

**2026 Wellness Questionnaire**- An anonymous health and wellness survey will be available at Crest Pier. Please help us to understand your needs and interests by filling out this annual assessment. Thank you!

**Wellness Workshop**- This is a mindfulness class featuring gentle chair and standing yoga, stretching, balance exercises, movement and synchronized breathwork, sound bath meditation, journaling and art projects. Seniors, Veterans, those with limited physical abilities and all who are interested are welcome. The class meets weekly at Crest Pier on Tuesdays, from 5:30- 6:30 pm at Crest Pier. Class fee \$5

**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

**Senior Social Recreation- (NEW)** Come out to socialize with others, make friends, and have fun on Thursdays, starting February 12, from 12:00 pm-1:30 pm at Crest Pier Recreation, 5800 Ocean Avenue! Free weekly activities include Cornhole, Beach volleyball, Frisbee, Basketball, Pier Walking, Pickleball, Puzzles, Board games, Cards, Ping pong, Billiards, and more.

For more information contact Laura Farrall, Wellness Coordinator, at 609-523-0202 or visit Crest Pier Recreation 5800 Ocean Avenue, Wildwood Crest.