



## **Wildwood Crest Mayor's Wellness Calendar of Events January 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)

**Boot Camp**-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

**Food Drive**- Canned goods, household and personal care items will be collected at Crest Pier and the Crest Arts Pavilion to support local food pantries.

**Crest Kids Play Time**- Unstructured drop-in open play time for children 2-4 years of age at Crest Pier Recreation every Wednesday from 10 AM-12 PM. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. (Free program)

**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 at Crest Pier from 5:30 pm- 6:30 pm. (Cost: \$5 or class card)

**Pop-Up Winter Fitness Class**- On Wednesday, January 14, 5:30 pm, join Lacey at Crest Pier Recreation for a Mash-up class including Barre Fitness, WARRIOR Yoga, Cardio Pump and Tone & Flow Aerobics. There is something for everyone. Beginners welcome. (\$5 or class card)

**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!