



Wildwood Crest Mayor's Wellness Calendar of Events May 2026

Champion of Wellness Ceremony- The Mayor's Third Annual Champion of Wellness Awards Ceremony and Luncheon will be held on Saturday, May 9, 11:00 am- 12:00 pm at the Crest Arts Pavilion, 6301 Ocean Avenue. We will recognize and award those who are committed to healthy living. This is a free event.

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.

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. Cost- \$5

Mayors Wellness Walk- The Borough will host our 8th annual Mayors Wellness Walk on Saturday, May 9, 2026, at 8:30 am. We will meet at Crest Arts Pavilion, 6301 Ocean Avenue, and walk the bike path to Rambler Road and back. Please arrive by 8:15 am to register. This is a free event. The first 75 registrants will receive a wellness shirt.

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 is held at Crest Pier on Wednesdays, at 11:00 am. Cost: \$5

Crest Silver Shells Chair Fit Class- (NEW) Come out to get fit, make friends, and have fun on Thursdays, from 12:00 pm-1:00 pm at Crest Pier Recreation, 5800 Ocean Avenue. Our Chair Fit class features low impact aerobics, light strength training with bands, balls and dumbbells. For more information contact Laura Farrall, Wellness Coordinator, 609-523-0202 or visit Crest Pier Recreation 5800 Ocean Avenue, Wildwood Crest. (Free weekly event)

Bike to School Day- Wildwood Crest Recreation, Mayors Wellness Campaign, police department and Crest Memorial School administration, students and family will celebrate bike safety month. We will form a bike train on Tuesday, May 19, at the corner of Ocean and Heather Ave. at 7:45 am and pedal our bikes to school. CMS students grades 4-8 are welcome. Younger students must be accompanied by an adult throughout the ride. All other members of the community are also encouraged to participate. Exercise and bike safety tips will be discussed.