

## Wildwood Crest Mayor's Wellness Calendar of Events

October 2025



**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. The class begins Monday, October 6.

**Walking Wednesdays** – 30-minute choreographed aerobics program designed to burn calories and build endurance. Wednesdays 9:00 – 9:30 AM starting October 8. (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 starting October 4. Cost: \$5

**Pink T-shirt Sales**- Crest Pink ribbon shirts sold at the Crest Arts Pavilion throughout the month to support Breast Cancer Awareness. Suggested donation of \$10.

**Zumba Pink Party**- A dance party will be held at Crest Pier to raise awareness and money in the battle against breast cancer. Saturday October 18, 2025, 10:30 am-11:30 am. Cost \$5. Donations are welcome and will be contributed to local cancer charities.

**Pop-up Fitness Class**- This class features Barre, WARRIOR yoga, Tone & Flow Aerobics and Cardio Pump and will be held at Crest Pier Wednesday, October 22 at 5:30 pm. (Free program)

**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 starting October 8 at 10 AM- 12 PM. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. (Free program)

**Run the Crest**- Join us on Friday Oct.3 and Saturday, October 4, 2025, at Centennial Park for a running event featuring Crest Combo ½ marathon, 10 miler, 5 K, and Crest Kids Fun Run. The festival post-race includes food trucks, vendors, live music and a sports masseuse. Register for the race today, on the website [runsignup.com](https://runsignup.com).

**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 starting September 30. (Free program)

**Fit Kids**- This weekly class features aerobics, dance fitness and yoga. Dance to the beat of top 40 music. Open to children ages 7-12. Parents must complete a student registration form. Bring water and wear sneakers. The class meets on Tuesdays, starting October 7, from 4:30-5:20 pm through. (Free program)