



Wildwood Crest Mayor's Wellness Calendar of Events

October 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. The class begins Tuesday, October 13.

Walking Wednesdays – 30-minute choreographed aerobics program designed to burn calories and build endurance. Wednesdays 9:00 – 9:30 AM starting October 14. (Free program)

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 17, 2026, 10:30 am-11:30 am. Cost \$5. Donations are welcome and will be contributed to local charities.

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 Tot Time- Drop-in open play time for children 2-4 years of age at Crest Pier Recreation every Wednesday starting October 14, at 10 AM- 12 PM. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. (Free program)

Chair Fit Class and Flow Stretch- Come out to get fit, make friends, and have fun beginning Thursday, October 15, from 12:00 pm-1:00 pm at Crest Pier Recreation. Our Chair Fit class features low impact aerobics, light strength training with bands, balls and dumbbells followed by active stretching to improve flexibility. For more information contact Laura Farrall at 609-523-0202 or visit Crest Pier Recreation 5800 Ocean Avenue, Wildwood Crest. (Free weekly event)

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 October 13. Class fee \$5

Senior Functional Fitness Training- Senior exercise program led by 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 starting 9/14. Cost: \$5

Chair Massage- This wellness initiative is for Wildwood Crest employees on Tuesday 10/13 from 10 am- 2 pm at Borough Hall courtroom compliments of AmeriHealth. Schedule an online appointment using the link provided in your email or contact Laura at Crest Pier 609-523-0202.