

Wildwood Crest Mayor's Wellness Calendar of Events

May 2024



Wildwood Crest Wellness Weight Group- Saturdays at Crest Arts Pavilion from 10:30-11:30 PM. This group led by Marianne Viscomi focuses on dietary strategies and the development of healthy habits. Free program.

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.

WARRIOR Fight and Flow-Adult exercise program featuring boxing combinations, interval training, core power and strength. The second half of class features yoga and mindfulness. Class meets Wednesdays, 6-7 PM at Crest Pier. Cost \$5.

Food Drive- Canned goods and personal household products collected at Crest Pier Recreation and the CAP Center to support local food pantries. We are extending this initiative. Every can counts.

Crest Kids Play Time- Unstructured drop-in open play time for children ages 2-4 years of age at Crest Pier Recreation every Wednesday starting November 8 at 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.

Let's Talk Food Part 2- Marianne Viscomi, weight loss advocate (since 1990), will provide the information and strategies to help you break free from unhealthy eating habits. Together let's continue a successful journey towards weight loss and maintenance in a safe and supportive group discussion. Learn how to swap low quality junk foods for more nutritious, lower calorie alternatives. Let's chart this course together! This is a free program. Join this group forum on Wednesday, May 8, 2024. 10:00 am - 11:00 am at Crest Pier Recreation, 5800 Ocean Avenue Ave.

Mayors Wellness Walk-The Borough will host our 6th annual Mayors Wellness walk on Saturday. May 4, 2024, at 8:30 AM. We will meet on the porch of Crest Pier, 5800 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.