

Wildwood Crest Mayor's Wellness Calendar of Events

December 2024



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.

Latin Pump-Adult exercise program featuring aerobic dance and light strength training and body sculpting. Class meets Wednesdays, 6:00 pm -7:00 pm at Crest Pier starting October 16. Cost \$5.

Holiday Food Drive- Canned goods and personal household products collected at Crest Pier Recreation and the CAP Center to support local food pantries for the holiday season.

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.

Wildwood Crest Holiday Lights Walk- Walkers will meet at Rambler Rd. and NJ Ave. Monday December 16 at 5:30 PM, for a festive walk along Sunset Lake and surrounding neighborhoods to view holiday light displays. Please email lfarrall@wildwoodcrest.org to register for this free event. The first 75 participants will receive a small gift!