Wildwood Crest Mayor's Wellness Calendar of Events

November 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 $10 or purchase a 20-class punch card for $100.

Walking Wednesdays – 30-minute choreographed aerobics program designed to burn calories and build endurance every Wednesday from 9:00 – 9:30 AM. (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 Tot Time- Drop-in open play time for children 2-4 years of age at Crest Pier Recreation every Wednesday 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 every Thursday, 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 Tuesday at Crest Pier. Cost $10 or purchase a 20-class punch card for $100.

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 $10 or purchase a 20-class punch card for $100.

Chair Massage- This wellness initiative is for Wildwood Crest employees on Tuesday, 11/17 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.

Smoothie Station-Smoothie samples and light breakfast foods will be available at Crest Pier for Wildwood Crest employees on Tuesday, 11/10 from 9 am-11 am. This wellness program is provided by AmeriHealth and the Mayors Wellness Committee to support employee well-being.