



FOR IMMEDIATE RELEASE

Wednesday, May 12, 2021

Zumba, Aerobics, Pilates, Yoga and much more on tap as Wildwood Crest announces extensive outdoor fitness class schedule for 2021

WILDWOOD CREST – There will be lots of great opportunities to get and stay in shape this summer in Wildwood Crest.

The Borough of Wildwood Crest Recreation Department's will again host an extensive array of outdoor fitness classes during the 2021 summer season.

Outdoor Zumba classes will be held at Centennial Park (Fern Road and Ocean Avenue) each Saturday from May 29 through Sept. 4 and each Monday from June 21 through Sept. 6. A special Memorial Day class on Monday, May 31 will also be held. Classes begin at 8:30 a.m.

New to the Wildwood Crest outdoor fitness class program is a dance aerobics class each Wednesday and Friday from June 23 through Sept. 3 at 8:30 am at Centennial Park.

Daily fitness classes on the Beach Pier at Heather Road are scheduled for 8:30 a.m. from Saturday, June 26 through Sunday, Aug. 29. The Beach Pier fitness class schedule for 2021 is as follows: Sunday – Straight Up Aerobics; Monday – Yogalates/Stretch and Flex; Tuesday – Cardio and Cut; Wednesday – Interval Training; Thursday – Interval Training; Friday – Pilates; Saturday – Interval Training.

Also new to the Wildwood Crest outdoor fitness class program is evening Yoga on the Beach. These sunset yoga classes will be held each Tuesday, Wednesday and Thursday from June 29 through Aug. 26 at 7 p.m. on the Heather Road beach.

Cost for each Wildwood Crest outdoor fitness class is \$5. A punch card good for 20 classes can be purchased from any fitness instructor for \$80. No pre-registration is necessary for any class. Attendees should wear sneakers and comfortable clothing.

All classes are directed by certified, experienced fitness instructors.

Call (609) 523-0202 for more information.

-- 30 --