



FOR IMMEDIATE RELEASE

Friday, June 20, 2025

Wildwood Crest's extensive outdoor fitness class program begins June 28

WILDWOOD CREST – The Borough of Wildwood Crest Recreation Department will again feature an extensive outdoor fitness class program this summer, with most of the activities staged at Centennial Park (Fern Road and Ocean Avenue).

The outdoor fitness class program includes Zumba, aerobics, Pilates, aerobics, interval training and more.

Classes at Centennial Park will be held at 8:30 a.m. as follows:

Mondays (June 30-Aug. 25): Zumba Dance Class

Tuesdays (July 1-Aug. 10): Cardio Pump Aerobics

Wednesdays (July 2-Aug. 20): Interval Training

Thursdays (July 3-Aug. 21): Tone & Flow Aerobics

Fridays (July 4-Aug. 22): Boot Camp

Saturdays (June 28-Aug. 30): Zumba Dance Class

In addition, the Wildwood Crest Recreation Department will also host a beach Pilates class on the north side of the Wildwood Crest Beach Pier at Heather Road on Mondays from June 30 through Aug. 18. Participants should bring their own towel or mat if possible.

Each class is directed by certified, energetic instructors.

Cost is \$5 for any one Wildwood Crest fitness class. A punch card good for any 20 classes can be purchased off any instructor for \$80. No pre-registration is necessary.

Call (609) 523-0202 for more information.

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