Wesley Health & Wellness Center—Calendar of Events

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 • Line Dancing 9:00a -10:00a • Advanced Quilting 9:00a-12:00p • Meld Special 9:00a - 11:00a • Cardio Conditioning 10:00a -11:00a • Baila2Fitness 11:15a - 12:00p • Meld Growing Families - Family Focus (Spanish) 12:00p– 2:00p • Academic Hall - 3:00p-5:30p • Circuit Training 5:45p - 6:30p • **SYBL practice – 6:45p-9:15p** • AA 6:30p - 8:00p	**2** • Jewelry Making 9:00a -12:00p • Knitting 9:00a - 12:00p • Flex Fit 10:00a - 10:45a • Rosetta Stone 11:00a - 12:00p • Academic Hall - 3:00p-5:30p • Cardio 6:00p - 7:00p • **SYBL practice 7:15-8:45** • Rosetta Stone 6:00p - 7:30p • Mariachitos 6:00p - 8:00p • AA 6:30p – 8:00p	**3** • Sewing 9:00a - 12:00p • Walk 4 Life 9:30a-11:00a • Baila2Fitness 11:00a - 11:45p • 50+ Circle 12:00 - 2:00p • Academic Hall 3:00p - 5:30p • AA 6:30p - 8:00p
6 • Meld Growing Families -Family Focus (Spanish) 8:45a - 10:45a • Line Dancing 9:00a - 10:00a • Crocheting 9:00a - 12:00p • Cardio Conditioning10:00a - 11:00a • Baila2Fitness 11:15a - 12:00p • Meld Special - Bilingual 12:00p-2:00p • Meld Young Moms 3:30p - 5:30p • Folklorico 4:30p - 6:30p • Meld Young Moms 3:30p - 5:30p • **SYBL practice 5:45p-8:00p** • AA 6:30p - 8:00p	**7** • Beginners Quilting 9:00a-12:00p • Meld Special - Bilingual 9:30a - 11:30a • Flex Fit 10:00a - 10:45a • Rosetta Stone 11:00a - 12:00p • Academic Hall - 3:00p-5:30p • Cardio 6:00p - 7:00p • **SYBL practice 7:15-8:45** • Mariachitos 6:00p - 8:00p • AA 6:30p - 8:00p	**8** • Line Dancing 9:00a -10:00a • Advanced Quilting 9:00a-12:00p • Meld Special 9:00a - 11:00a • Cardio Conditioning10:00a-11:00a • Baila2Fitness 11:15a - 12:00p • Meld Growing Families - Family Focus (Spanish) 12:00p– 2:00p • Academic Hall - 3:00p-5:30p • **SYBL practice– 6:45p-9:15p** • Wesley Body Blast 5:45p - 6:30p • AA 6:30p - 8:00p	**9** • Jewelry Making 9:30a -12:00p • Knitting 9:00a - 12:00p • Flex Fit 10:00a - 10:45a • Rosetta Stone 11:00a - 12:00p • Academic Hall - 3:00p-5:30p • Cardio 6:00p - 7:00p • **SYBL practice 7:15-8:45** • Rosetta Stone 6:00p - 7:30p • Mariachitos 6:00p - 8:00p • AA 6:30p – 8:00p	**10** • Sewing 9:00a - 12:00p • Walk 4 Life 9:30a-11:00a • Baila2Fitness 11:00a - 11:45p • 50+ Circle 12:00 - 2:00p • Academic Hall 3:00p - 5:30p • AA 6:30p - 8:00p
13 • Meld Growing Families -Family Focus (Spanish) 8:45a - 10:45a • Line Dancing 9:00a - 10:00a • Crocheting 9:00a - 12:00p • Cardio Conditioning10:00a - 11:00a • Baila2Fitness 11:15a - 12:00p • Meld Special - Bilingual 12:00p-2:00p • Meld Young Moms 3:30p - 5:30p • Academic Hall - 3:00p-5:30p • Folklorico 4:30p - 6:30p • AA 6:30p - 8:00p	**14** • Beginners Quilting 9:00a-12:00p • Meld Special - Bilingual 9:30a - 11:30a • Flex Fit 10:00a - 10:45a • Rosetta Stone 11:00a - 12:00p • Cardio 6:00p - 7:00p • AA 6:30p - 8:00p	**15** • Line Dancing 9:00a -10:00a • Advanced Quilting 9:00a-12:00p • Meld Special 9:00a - 11:00a • Cardio Conditioning 10:00a -11:00a • Baila2Fitness 11:15a - 12:00p • Meld Growing Families - Family Focus (Spanish) 12:00p– 2:00p • Strength and Core 5:45p - 6:30p • AA 6:30p - 8:00p	**16** • Cardio 6:00p - 7:00p • Rosetta Stone 6:00p - 7:30p • Mariachitos 6:00p - 8:00p • AA 6:30p – 8:00p	**17** • Sewing 9:00a - 12:00p • Walk 4 Life 9:30a-11:00a • Baila2Fitness 11:00a - 11:45p • 50+ Circle 12:00 - 2:00p • Academic Hall 3:00p - 5:30p • AA 6:30p - 8:00p
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Program Information:

Come have fun *STRENGTHENING, SCULPTING AND TONING* your Body, Wednesday Nights from 5:45pm to 6:30pm.

Engage in Exciting New Workouts each week

1st Wednesday: "***Circuit Training***"

High volume, low resistance workouts

2nd Wednesday: **"Wesley Body Blast"**

Sports inspired cardio

3rd Wednesday: "***Strength and Core***"

Exercises to build a stronger body

4th Wednesday: ***"Functional Training"***

Basic exercises to improve daily movements

There will be ***No Morning & Afternoon Programming* on ***Thursday, March, 16th, 2017.***

Methodist Healthcare Ministries
OF SOUTH TEXAS, INC.
"Serving Humanity to Honor God"

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