## Wesley Health & Wellness Center—Calendar of Events May 2025

Wed

1 2 Sewing: 9:00a-There will be no 12:00p Recreation and Line Dancing: **Enrichment** 9:00a-10:00a Flex Fit:10:15aprogramming today. 10·45a Baila2Fitness: Regular programming 11:00a-11:45a will resume on 50+: 12:00p - 2:00p Friday, May 2rd, 2025

Parenting - Growing Families En Español: 8:45a-10:45a

Mon

Line Dancing: 9:00a-10:00a Cardio Conditioning:

10:00a-11:00a Baila2Fitness: 11:00a-11:45a



6 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a

Tue

Flex Fit:10:15a-10:45a
Parenting - Growing
FamiliesEn Español:
12:30p-2:30p
Baila2Fitness:
6:00p - 6:45p

Crocheting: 9:00a-12:00p Parenting - Growing Families: Em Español:

9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español:

12:15p-2:15p
Parenting - Growing
Families:
4:00p-6:00p
Cardio:
6:00p-6:45p

8 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p

Thu

Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p

Fri

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Parenting - Growing
Families En Español:
8:45a-10:45a

8:45a-10:45a **Line Dancing:** 9:00a-10:00a

Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a 13

Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit:10:15a-10:45a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness:

6:00p - 6:45p

Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a

Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing

Parenting - Grow Families: 4:00p-6:00p Cardio: 6:00p-6:45p 15

Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p

Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a

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**Baila2Fitness:** 11:00a-11:45a **50+:** 12:00p - 2:00p

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Parenting - Growing
FamiliesEn Español:

8:45a-10:45a Line Dancing: 9:00a-

10:00a Cardio Conditioning:

Cardio Condition 10:00a-11:00a Baila2Fitness: 11:00a-11:45a 20

Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit:10:15a-10:45a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p - 6:45p Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español:

9:00a-11:00a **Line Dancing:** 9:00a-10:00a **Flex Fit:**10:15a-10:45a

Flex Fit:10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español:

12:15p-2:15p
Parenting - Growing
Families:
4:00p-6:00p
Cardio:
6:00p-6:45p

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Wesley Health & Wellness Center is closed for organization-wide meetings.

Regular programming will resume on <u>Friday, May 23rd, 2025</u>

SEE YOU FRIDAY!

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Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a

10:45a **Baila2Fitness:** 11:00a-11:45a **50+:** 12:00p - 2:00p

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Quilting: 9:00a-12:00p
Parenting - Special Needs
En Español: 9:30a-11:30a
Rummage Sale:
10:00a-12:00pm
Flex Fit:10:15a-10:45a
Parenting - Growing
FamiliesEn Español:
12:30p-2:30p
Baila2Fitness:

6:00p - 6:45p

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Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a

9:00a-11:00a
Line Dancing: 9:00a-10:00a
Flex Fit:10:15a-10:45a
Baila2Fitness:
11:00a-11:45a
Parenting - Growing
Families: En Español:
12:15p-2:15p
Parenting - Growing
Families:

Families: 4:00p-6:00p Cardio: 6:00p-6:45p

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Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p 30 Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p



**Ministries** 

Women's Volleyball Summer League June 16th-July 28th Registration Fee per team \$40 Men's Basketball Summer League

June 18th-July 23rd
Registration Fee per team \$150

Camp Wesley Registration April 1st-May 23rd

For more information on Camp Wesley call our R&E department at (210) 469-4191.