


Wesley Health & Wellness Center—Calendar of Events
May 2025

Mon		Tue		Wed		Thu		Fri	
<div></div>						1		2	
						There will be no Recreation and Enrichment programming today.		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	
						Regular programming will resume on Friday, May 2nd, 2025			
5		6		7		8		9	
Parenting - Growing Families En Español: 8:45a-10:45a Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a		Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit: 10:15a-10:45a Parenting - Growing Families En 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 Families: 4:00p-6:00p Cardio: 6:00p-6:45p		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 Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p	
									
12		13		14		15		16	
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19		20		21		22		23	
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26		27		28		29		30	
  HAPPY MEMORIAL DAY		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 Families En 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 Families: 4:00p-6:00p Cardio: 6:00p-6:45p		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 Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p	

Program Descriptions:



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.