

Wesley Health & Wellness Center—Calendar of Events

February 2026

Mon	Tue	Wed	Thu	Fri
2 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a SYBL Practice: 6:00p-8:15p	3 Quilting: 9:00a-12:00p Flex Fit:10:15a-10:45a Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p SYBL Practice: 7:15p-8:45p 	4 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 SYBL Practice: 6:00p-8:15p	5 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p SYBL Games: 6:p-8:15p	6 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 SYBL Games: 6p-8:15p
9 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a SYBL Practice: 6:00p-8:15p	10 Quilting: 9:00a-12:00p Flex Fit:10:15a-10:45a Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p SYBL Practice: 7:15p-8:45p	11 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 SYBL Practice: 6:00p-8:15p 	12 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p SYBL Games: 6p-8:15p	13 The Wesley Health and Wellness Center is closed for an organizational meeting. Regular programming will resume on February, 16, 2026
16 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a SYBL Practice: 6:00p-8:15p	17 Quilting: 9:00a-12:00p Flex Fit:10:15a-10:45a Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p SYBL Practice: 7:15p-8:45p 	18 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 SYBL Practice: 6:00p-8:15p	19 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p SYBL Games: 6p-8:15p	20 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 SYBL Games: 6p-8:15p
23 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a SYBL Practice: 6:00p-8:15p	24 Quilting: 9:00a-12:00p Flex Fit:10:15a-10:45a Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p SYBL Practice: 7:15p-8:45p 	25 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 SYBL Practice: 6:00p-8:15p	26 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p SYBL Games: 6p-8:15p	27 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 SYBL Games: 6p-8:15p

Program Descriptions:

Spring Break Camp!

FREE!

Camp starts: March 9th-13th

For boys and girls ages 6 to 12

Ring Central: 210-469-4191,

Can call/ text for registration information.

