

# Wesley Health & Wellness Center—Calendar of Events

## May 2026

Mon

Tue

Wed

Thu

Fri



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**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



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

**80's SPRING WALK-A-THON**  
9a-11a  
\*Walking track\*



There will be raffle prizes, snacks, and more!

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**Quilting:** 9:00a-12:00p  
**Tai Chi** 10:15a-10:45a  
**S.E.A.T :** 11a-11:45a  
**Parenting - Special Needs**  
**En Español:** 9:30a-11:30a  
**Parenting - Growing Families**  
**En Español:** 12:30p-2:30p  
**Boot Camp:** 12:15p-12:45p  
**80's Dance Party:** 6:00p-7:00p

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**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-12:00p  
**Parenting - Growing Families:** **En Español:** 12:15p-2:15p  
**Parenting - Growing Families:** 4:00p-6:00p

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**Jewelry** 9:00a-12:00p  
**Chair Yoga:** 10:15a-10:45a  
**Stepper Class:** 11:00a-12:00p  
**Boot Camp:** 12:15p-12:45p  
**Cardio Drumming:** 6:00p-6:45p



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**Sewing:** 9:00a-12:00p  
**Line Dancing:** 9:00a-10:00a  
**80's Bailathon:** 10:30a-12p  
**Wesley Fit Foods:** 12:00p - 2:00p

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**Parenting - Growing Families**  
**En 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



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**Quilting:** 9:00a-12:00p  
**Flex Fit:** 10:15a-10:45a  
**S.E.A.T:** 11a-11:45a  
**Parenting - Special Needs**  
**En Español:** 9:30a-11:30a  
**Parenting - Growing Families**  
**En Español:** 12:30p-2:30p  
**Baila2Fitness:** 6:00p - 6:45p

13

**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

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**Jewelry** 9:00a-12:00p  
**Flex Fit:** 10:15a-10:45a  
**Cardio Conditioning:** 11:00a-12:00p  
**Cardio:** 6:00p-6:45p

15

**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

18

**Parenting - Growing Families**  
**En 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

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**Parenting - Special Needs**  
**En Español:** 9:30a-11:30a  
**Parenting - Growing Families**  
**En Español:** 12:30p-2:30p  
**Baila2Fitness:** 6:00p - 6:45p

20

**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

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**The Wesley Health and Wellness Center is closed for an organizational meeting.**

**Regular programming will resume on**

**May 22, 2026**

22

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

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**The Wesley Health and Wellness Center is closed for**



26

**Quilting:** 9:00a-12:00p  
**Flex Fit:** 10:15a-10:45a  
**S.E.A.T:** 11a-11:45a  
**Parenting - Special Needs**  
**En Español:** 9:30a-11:30a  
**Parenting - Growing Families**  
**En Español:** 12:30p-2:30p  
**Baila2Fitness:** 6:00p - 6:45p

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**Parenting - Growing Families:** 4:00p-6:00p

28

**Jewelry** 9:00a-12:00p  
**Flex Fit:** 10:15a-10:45a  
**Cardio Conditioning:** 11:00a-12:00p  
**Cardio:** 6:00p-6:45p

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**Sewing:** 9:00a-12:00p  
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**Program Descriptions:**

We're excited to introduce our brand-new class in R&E programming: S.E.A.T.

(Stability, Exercise & Active Training)

Tuesdays | 11a-11:45a

This fun and accessible workout is designed for all fitness levels, focusing on strength, flexibility, and movement, all from the support of a chair. Whether you're just getting started or looking for a low-impact option, S.E.A.T. is a great way to stay active and feel your best.



**80's NEON FITNESS WEEK!**

May 4th- 8th

Walk,-a-thon, 80's Dance party, Boot camps, and stepper classes.

Evening raffles!

Ring Central: 210-469-4191,  
Can call/ text for information.