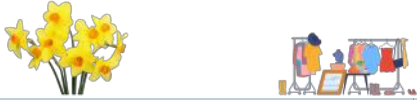


Wesley Health & Wellness Center—Calendar of Events

April 2025

Mon	Tue	Wed	Thu	Fri
	1 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p SPRING BAZAAR 10a-1p 	2 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	3 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	4 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 
7 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	8 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	9 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	10 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	11 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
14 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Walk-a-Thon at Dixon 10a-12p  Join us at Dixon and walk towards a healthier you!	15 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit:10:15a-10:45a Physical Therapy Presentation: 12:15p-1:15p Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	16 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Baila -A-Thon: 10:30a-12:00p Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p Cardio: 6:00p-6:45p	17 Walk-a-Thon at Wesley 10a-12p Enjoy fellowship and walk towards a healthier you! 	18  Good Friday 
21 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	22 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	23 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	24 Wesley Health & Wellness Center is closed for organization- wide meetings. Regular programming will resume on Friday, April 25th, 2024 SEE YOU FRIDAY!	25  FIESTA DANCE 10a-1p Join us for a wonderful time to be Fiesta Festive! Enjoy music, food and great music! 
28 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	29 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	30 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	Camp Wesley Registration April 1st-May 23rd For more information on Camp Wesley call our R&E department at (210) 469-4191.	