

Wesley Health & Wellness Center—Calendar of Events
June 2025

Mon	Tue	Wed	Thu	Fri
2 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	3 Quilting: 9:00a-12:00p 9Parenting - 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	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 Cardio: 6:00p-6:45p	5 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	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
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	10 Quilting: 9:00a-12:00p 9Parenting - 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	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 Cardio: 6:00p-6:45p	12 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	13 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
16 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 Volleyball: 6:00p-8:00p	17 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	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 Cardio: 6:00p-6:30p Basketball: 6:45p-8:00p	19 Wesley Health & Wellness Center is closed for organization-wide meetings. Regular programming will resume on <u>Friday, June 20th, 2025</u> SEE YOU FRIDAY!	20 Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
23 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 Volleyball: 6:00p-8:00p	24 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	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 Cardio: 6:00p-6:30p Basketball: 6:45p-8:00p	26 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	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



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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
Volleyball: 6:00p-8:00p

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

