Wesley Health & Wellness Center—Calendar of Events **June 2025**

Mon Wed Tue Thu Fri 2 4 5 6 3 Quilting: 9:00a-12:00p Crocheting: 9:00a-12:00p Sewing: Parenting - Growing Jewelry Parenting - Growing Families: En Español: Families En Español: **9Parenting - Special Needs** 9:00a-12:00p 9:00a-12:00p Flex Fit:10:15a-10:45a Line Dancing: En Español: 9:30a-11:30a 8:45a-10:45a Flex Fit:10:15a-10:45a 9:00a-11:00a Cardio Conditioning: 9:00a-10:00a Line Dancing: 9:00a-Line Dancing: 9:00a-10:00a **Parenting - Growing** 11:00a-12:00p Flex Fit:10:15a-10:00a Families En Español: Flex Fit:10:15a-10:45a **Cardio Conditioning:** 10·45a Baila2Fitness: 12:30p-2:30p Baila2Fitness: 10:00a-11:00a 11:00a-11:45a Baila2Fitness: Baila2Fitness: 11:00a-11:45a **Parenting - Growing** 6:00p - 6:45pFamilies: En Español: 50+: 12:00p - 2:00p 11:00a-11:45a 12:15p-2:15p **Parenting - Growing** Families: 4:00p-6:00p Cardio: 6:00p-6:45p 10 13 9 Crocheting: 9:00a-12:00p Quilting: 9:00a-12:00p **Parenting - Growing** Jewelry Sewing: Parenting - Growing Families: En Español: 9Parenting - Special Needs En Español: 9:30a-11:30a 9:00a-12:00p Families En Español: 9:00a-12:00p Flex Fit:10:15a-10:45a Line Dancing: 8:45a-10:45a Flex Fit:10:15a-10:45a 9:00a-11:00a 9:00a-10:00a Flex Fit:10:15a-**Cardio Conditioning:** Line Dancing: 9:00a-Parenting - Growing FamiliesEn Español: Line Dancing: 9:00a-10:00a 10:00a 11:00a-12:00p Flex Fit:10:15a-10:45a **Cardio Conditioning:** 10:45a 12:30p-2:30p Baila2Fitness: Baila2Fitness: Baila2Fitness: 10:00a-11:00a 11:00a-11:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 6:00p - 6:45p50+: 12:00p - 2:00p 11:00a-11:45a 12:15p-2:15p **Parenting - Growing Families** 4:00p-6:00p Cardio: 6:00p-6:45p 18 20 16 17 19 Crocheting: 9:00a-12:00p Quilting: 9:00a-12:00p Wesley Health & Line Dancing: Parenting - Growing Parenting - Growing Families: En Español: Parenting - Special Needs En Español: 9:30a-11:30a Wellness Center is 9:00a-10:00a Families En Español: closed for organization-Flex Fit:10:15a-8:45a-10:45a 9:00a-11:00a Flex Fit:10:15a-10:45a wide meetings. 10:45a Line Dancing: 9:00a-Line Dancing: 9:00a-10:00a Parenting - Growing Families En Español: Baila2Fitness: 10:00a Flex Fit:10:15a-10:45a Regular programming 11:00a-11:45a Cardio Conditioning: Baila2Fitness: 12:30p-2:30p will resume on

10:00a-11:00a Baila2Fitness: 11:00a-11:45a Volleyball: 6:00p-8:00p

Baila2Fitness: 6:00p - 6:45p

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 Friday, June 20th, 2025

SEE YOU FRIDAY!

50+: 12:00p - 2:00p

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

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

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

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:



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





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

