

Wesley Health & Wellness Center—Calendar of Events
July 2026

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Camp Wesley: 7:45a-3:45p Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Basketball League: 6:30p-9:00p	Camp Wesley: 7:45a-3:45p Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	The Wesley Health and Wellness Center is closed for an Holiday 
6	7	8	9	10
Camp Wesley: 7:45a-3:45p Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a Co- Ed Volleyball: 6:30p-9:00p	Camp Wesley: 7:45a-3:45p Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a S.E.A.T: 11a-11:45a Baila2Fitness: 6:00p – 6:45p	Camp Wesley: 7:45a-3:45p Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-12:00p Basketball League: 6:30p-9:00p	Camp Wesley: 7:45a-3:45p Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	Camp Wesley: 7:45a-3:45p Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a 50 +: 12:00p - 2:00p
13	14	15	16	17
Camp Wesley: 7:45a-3:45p Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a Co- Ed Volleyball: 6:30p-9:00p	Camp Wesley: 7:45a-3:45p Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a S.E.A.T: 11a-11:45a Baila2Fitness: 6:00p – 6:45p	Camp Wesley: 7:45a-3:45p Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Basketball League: 6:30p-9:00p	The Wesley Health and Wellness Center is closed for an organizational meeting. Regular programming will resume on July 17, 2026	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
20	21	22	23	24
Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a Co- Ed Volleyball: 6:30p-9:00p	Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a S.E.A.T: 11a-11:45a Baila2Fitness: 6:00p – 6:45p	Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Basketball League: 6:30p-9:00p	Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	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
27	28	29	30	31
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If you are interested in parenting programs, please call their RingCentral number at 210-810-5430 for more information.

