

Wesley Health & Wellness Center—Calendar of Events

March 2025

Mon	Tue	Wed	Thu	Fri
3 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 SYBL Practice: 5:30p-7:45p	4 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 SYBL Games: 7:00p-8:30p	5 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 	6 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p SYBL Games: 6:00p-7:30p 	7 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 SYBL Games: 6:00p-7:15p
10 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 Spring Break Camp: 8:00a-5:00p	11 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 Spring Break Camp: 8:00a-5:00p	12 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 Spring Break Camp: 8:00a-5:00p	13 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Spring Break Camp: 8:00a-5:00p 	14 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 Spring Break Camp: 8:00a-5:00p
17 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 	18 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	19 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 	20 Wesley Health & Wellness Center is closed for organization-wide meetings. Regular programming will resume on Friday, March 21st, 2024 SEE YOU FRIDAY!	21 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
24 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	25 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 Families En Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	26 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	27 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	28 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 
31 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 				



Program Descriptions:

Ash Wednesday Services March 5th

Wesley Chapel: 15 min services at 7:45am
Dixon Clinic : 30 min services at 12:00pm

For more information on R&E classes and programming call
 (210) 469-4191.