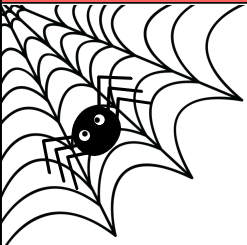
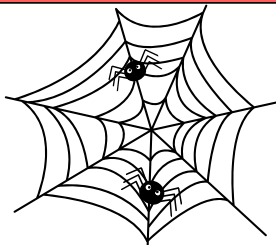
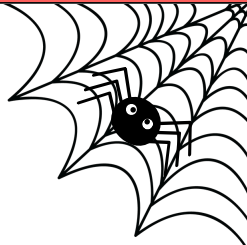
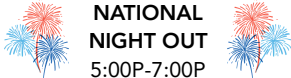


# OCTOBER 2026

# WESLEY HEALTH & WELLNESS CENTER

| MONDAY                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                   |                                                                                                                                                             |                                                                                                                                            | 1<br>Jewelry: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Cardio: 11:00a-11:45a<br>Cardio: 6:00p-6:45p                                                                                            | 2<br><b>CLOSED</b><br>Regular programming<br>will resume on<br>Oct. 5th.                                                                                                                                                              |
| 5<br>Artful Gatherings: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Cardio: 10:00a-11:00a<br>Baila2Fitness: 11:00a-11:45a                                                                                       | 6<br>Quilting: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Seat: 11:00a-11:45a<br>Baila2Fitness: <b>NO CLASS</b><br><br>NATIONAL<br>NIGHT OUT<br>5:00P-7:00P | 7<br>Crocheting: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a                                                                                                       | 8<br>Jewelry: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Cardio: 11:00a-11:45a<br>Cardio: <b>NO CLASS</b><br> | 9<br>Sewing: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a<br>50 Plus: 12:00p-2:00p                                                                                           |
| 12<br>Artful Gatherings: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Cardio: 10:00a-11:00a<br>Baila2Fitness: 11:00a-11:45a<br> | 13<br>Quilting: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Seat: 11:00a-11:45a<br>Baila2Fitness: 6:00p-6:45p                                                                                                                                 | 14<br>Crocheting: 9:00a-11:00a<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: <b>NO CLASS</b><br>BAILA-THON<br>10:30A-12:00P<br>WEAR PINK!<br> | 15<br>Jewelry: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Cardio: 11:00a-11:45a<br>Cardio: 6:00p-6:45p                                                                                           | 16<br>Sewing: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a<br>50 Plus: 12:00p-2:00p<br>   |
| 19<br>Artful Gatherings: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Cardio: 10:00a-11:00a<br>Baila2Fitness: 11:00a-11:45a<br>Basketball Clinic: 4:30p-5:30p                                                    | 20<br>Quilting: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Seat: 11:00a-11:45a<br>Baila2Fitness: 6:00p-6:45p                                                                                                                                 | 21<br>Crocheting: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a<br>               | 22<br><b>CLOSED</b><br>Regular programming will<br>resume on<br>Oct. 23rd.                                                                                                                       | 23<br>Sewing: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a<br>50 Plus: 12:00p-2:00p                                                                                          |
| 26<br>Artful Gatherings: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Cardio: 10:00a-11:00a<br>Baila2Fitness: 11:00a-11:45a<br>Basketball Clinic: 4:30p-5:30p                                                    | 27<br>Quilting: 9:00a-12:00p<br>Flex Fit: 10:15a-10:45a<br>Seat: 11:00a-11:45a<br>Baila2Fitness: 6:00p-6:45p<br>                                          | 28<br>Crocheting: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a                                                                                                      | 29<br>Jewelry: 9:00a-11:15a<br>Flex Fit: 10:15a-10:45a<br>Cardio: 11:00a-11:45a<br>Cardio: 6:00p-6:45p<br>  | 30<br>Sewing: 9:00a-12:00p<br>Line Dancing: 9:00a-10:00a<br>Flex Fit: 10:15a-10:45a<br>Baila2Fitness: 11:00a-11:45a<br>50 Plus: 12:00p-2:00p<br> |

## UPCOMING EVENTS

- **OCT. 6<sup>TH</sup>** -  
NATIONAL NIGHT  
OUT
- **OCT. 14<sup>TH</sup>** -  
GLOW BAILA-THON
- **OCT. 17<sup>TH</sup>** - **5PM**  
DIXON  
TRUNK-OR-TREAT
- **OCT. 19<sup>TH</sup>** -  
BASKETBALL  
CLINICS BEGIN
- **NOV. 6<sup>TH</sup>** -  
FALL FEST
- **NOV. 17<sup>TH</sup>** -  
FALL MARKET

**RECREATION &  
ENRICHMENT:**  
(210) 469 - 4191

**PARENTING:**  
(210) 810 - 5430

1406 FITCH ST, SAN ANTONIO, TEXAS, 78211

(210) 922 - 6922