

Point Pleasant Beehive



August 2024

Mon-NB Cafeteria

Tue—St. Martha's

Wed-NB Cafeteria

Thu—St. Martha's

Fri-NB Cafeteria

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| <p>For more information, please call Aimee or Kathy: (732)810-5890</p> <p>Rec Center: (732)892-5813</p> | <p>* AUGUST 9th - LAST DAY AT HS - FITNESS CLASSES WILL</p> | <p>RESUME SEPTEMBER 4th AT THE REC CENTER*</p> | <p>1 CLOSED</p> | <p>2 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p> |
| <p>5 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p> | <p>6 CLOSED</p> | <p>7 9:30- Chair Yoga w/ Weights (optional) 10:30- Tai Chi 11:30-12:45—Lite & Flexible</p> | <p>8 CLOSED</p> | <p>*9 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit *</p> |
| <p>12 CLOSED</p> | <p>13 CLOSED</p> | <p>14 CLOSED</p> | <p>15 CLOSED</p> | <p>16 CLOSED</p> |
| <p>19 CLOSED</p> | <p>20 10 am—2 pm: Cards, Mahjong and Socialization</p> | <p>21 CLOSED</p> | <p>22 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p> | <p>23 CLOSESD</p> |
| <p>26 CLOSED</p> | <p>27 10 am—2 pm: Cards, Mahjong and Socialization</p> | <p>28 CLOSED</p> | <p>29 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p> | <p>30 CLOSED</p> |