

Point Pleasant Beehive



JULY 2024

Mon-NB Cafeteria

Tue—St. Martha's

Wed-NB Cafeteria

Thu—St. Martha's

Fri-NB Cafeteria

<p>1 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>2 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>3 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Lite & Flexible</p>	<p>4 CLOSED</p>	<p>5 CLOSED</p>
<p>8 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>9 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>10 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Lite & Flexible</p>	<p>11 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>12 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>15 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>16 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>17 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Lite & Flexible</p>	<p>18 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>19 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>22 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>23 CLOSED</p>	<p>24 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Lite & Flexible</p>	<p>25 CLOSED</p>	<p>26 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>29 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>30 CLOSED</p>	<p>31 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Light & Flexible</p>	<p><i>For more information, please call Aimee or Kathy: (732)810-5890 Rec Center: (732)892-5813</i></p>	