

Point Pleasant Beehive



JUNE 2024

Mon-Rec Center

Tue—St. Martha's

Wed-Rec Center

Thu—St. Martha's

Fri-Rec Center

<p>3 9:30—Lite & Fit 10:30—Sit & Be Fit (Arthritis)</p>	<p>4 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>5 10:30- Chair Yoga w/ Weights (optional) 11:30—Lite & Flexible</p>	<p>6 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>7 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>10 9:30—Lite & Fit 10:30—Sit & Be Fit (Arthritis)</p>	<p>11 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>12 10:30- Chair Yoga w/ Weights (optional) 11:30—Lite & Flexible</p>	<p>13 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>* 14 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>17 NO FITNESS</p>	<p>18 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>19 NO FITNESS</p>	<p>20 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>21 NO FITNESS</p>
<p>* 24 9:30—Chair Yoga 10:30—Lite & Fit 11:30—Sit & Be Fit (Arthritis)</p>	<p>25 CLOSED</p>	<p>26 9:30- Chair Yoga w/ Weights (optional) 10:30— Tai Chi 11:30—Lite & Flexible</p>	<p>27 CLOSED</p>	<p>28 9:30—Core & More (bring thick yoga mat) 10:30—Lite & Fit</p>
<p>** PLEASE NOTE <u>JUNE 14th</u> IS THE LAST DAY AT</p>	<p>THE REC CENTER FOR THE SUMMER</p>	<p>** FITNESS WILL BE HELD IN NELLIE BENNETT</p>	<p>BEGINNING JUNE <u>24TH</u> WITH NEW CLASS TIMES</p>	<p>For more information, please call Aimee or Kathy: (732)810- 5890 Rec Center: (732)892-5813</p>