

Point Pleasant Beehive



March 2025

Mon— Rec Center

Tue- St. Martha's

Wed- Rec Center

Thu - St. Martha's

Fri— Rec Center

<p>3 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>4 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>5 9:30- Chair Yoga w/weights 10:30 Tai Chi 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 - Balance Class 11:00 -Lite & Fit</p>
<p>10 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>11 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>12 CLOSED</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 - Balance Class 11:00 -Lite & Fit</p>
<p>17 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>18 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>19 CLOSED</p>	<p>20 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>21 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>24 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>25 10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>26 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>27 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>28 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>31 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	 <p>Funded in part by a grant from the Ocean County Board of Commissioners</p>		<p><i>For more information, please call Aimee or Kathy: (732)810-5890</i></p> <p><i>Rec Center: (732)892-5813</i></p>	